

FAMILY FAVORITES

HEARTY CASSEROLES, ROASTS, PIES AND PUDDINGS



THE • AUSTRALIAN • WAY



COOK • AND • LEARN

NORTH AMERICAN
EDITION

SPECIALLY FOR THE FAMILY

High-sounding 'cuisine' can come and go, but what most families like is good old-fashioned fare. Here's a book packed with those recipes.

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Published and distributed by Select Magazines, Suite 402, 7 Merriwa Street, Gordon, NSW 2072 Australia. Packaged by Gore & Osment Publishing Pty Ltd, Level 4, 20 Bay Street, Double Bay, NSW 2028, phone (02) 327 4209, facsimile (02) 326 2915. Typeset by The Typographers. Printed by Dai Nippon Printing Co. Ltd, Hong Kong. International Distribution: T.B. Clarke (Overseas) Pty Ltd, P.O. Box 219, Waverley NSW, Australia 2024. Phone (02) 389 8488. UK: T.B. Clarke (UK) Distributors Ltd, 15 Mays Way, Potterspur, Towcester, Northants NN12 7PP. Phone (908) 542 825. Facsimile (908) 542 580.

USA: T.B. Clarke (USA) Inc., 150 North Autumn Street, San Jose, CA 95110. Phone (408) 292 4484.

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*Recommended retail price

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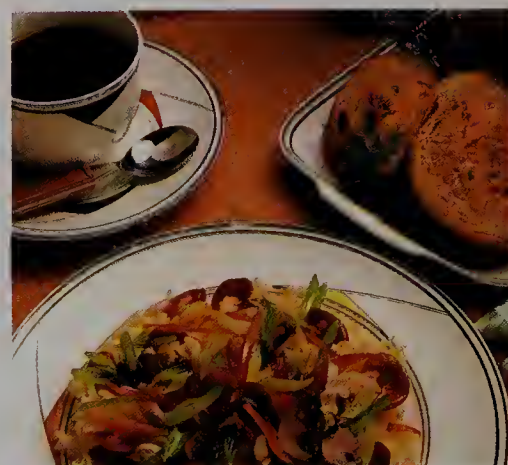
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SOUPS AND APPETISERS

Every family should experience the pleasure of a fun meal with fresh bread and a big pot of homemade soup.

Creamy Prawn Soup

1 kg (2 lb) small cooked prawns

2 tblspns butter or margarine

2 leeks, cleaned and sliced

1 sprig fresh tarragon or ¼ tspn dried tarragon leaves

1 carrot, peeled and sliced

2 cups white wine

2 cups chicken stock

4 large ripe tomatoes, peeled and chopped

1 slice bread, torn into pieces

2 tblspns rice

½ cup cream

salt and pepper

1 Place peeled prawns in a bowl, cover with plastic wrap and place in the fridge.

2 Melt butter or margarine in a large, heavy-based saucepan. Add leeks and fry over moderate heat until leeks soften slightly, about 3 minutes. Add remaining ingredients, except cream, prawns and salt and pepper and bring to the boil. Cover and simmer gently for 1 hour.

3 Ladle soup into food processor or blender and process until smooth. Pour soup back into saucepan. Add cream and prawns, seasoning to taste with salt and pepper. Cook until heated through, but do not allow to boil.

Serves 8

Chicken and Corn Soup

500g (1 lb) boned chicken, roughly chopped

4 cups chicken stock

2 x 310g (10oz) cans creamed corn

1 tspn grated fresh root ginger or ½ tspn dried ginger powder

2 eggs

salt and pepper

1 Place chicken, chicken stock, corn and ginger in a large, heavy-based saucepan. Bring to the boil, then lower heat, cover and simmer gently for 30 minutes.

2 Place eggs in a small bowl and whisk until frothy. Gradually add eggs to the hot soup, stirring until well combined. Season to taste with salt and pepper.

Serves 6

Chicken and Corn Soup (left), Lentil and Rice Soup (centre) and Creamy Prawn Soup (right).

Lentil and Rice Soup

5 cups chicken stock

1½ cups lentils, soaked overnight in water

1 cup brown rice, soaked overnight in water

800 g (26 oz) can peeled tomatoes, roughly chopped, liquid reserved

3 carrots, roughly chopped

1 onion, chopped

1 stalk celery, sliced

3 cloves garlic, crushed

½ tspn each dried basil, oregano and thyme

1 bay leaf

2 tblspns cider vinegar

salt and pepper

½ cup finely chopped parsley

1 Place chicken stock in a large, heavy-based saucepan. Add lentils, rice, tomatoes and their liquid, carrots, onion, celery, garlic and all herbs, except parsley, and bring to the boil.

2 Lower heat, cover and simmer for 20 minutes or until rice and lentils are tender. Add vinegar and season to taste with salt and pepper.

3 Simmer for a further 5 minutes, or until heated through. Remove bay leaf and stir parsley through. Serve hot.

Serves 10

Vegetable Soup

4 large onions

6 large carrots

2 medium parsnips

1 medium turnip

½ head celery

2 tblspns oil

10 cups beef stock

425 g (14 oz) can peeled tomatoes, drained

1 Dice or shred root vegetables and slice celery. Heat oil in a large saucepan; add vegetables and cook very gently, covered, until soft, about 15 minutes.

2 Add stock and tomatoes and bring to the boil; skim. Reduce heat and simmer, covered, for about 30 minutes, or until vegetables are cooked.

3 Serve with toasted cheese sandwiches, if desired.

Serves 8

Vegetable and Meatball Soup

1 cup minced roast meat

⅓ cup cooked rice

2 tblspns gravy

¼ tspn dried mixed herbs

1 tblspn chopped parsley

6 tspns plain flour

salt and pepper

2 tblspns plain flour seasoned with salt and pepper

oil for deep-frying

3 cups Vegetable Soup (see recipe)

1 Mix together minced meat, rice, gravy, mixed herbs, parsley and flour until well combined; season to taste with salt and pepper. Form mixture into small balls; coat lightly in seasoned flour, shaking off any excess.

2 Heat oil in a deep, heavy-based saucepan or deep-fryer. When hot, add meatballs a few at a time and cook until golden brown, about 2 minutes. Drain on absorbent paper.

3 Pour soup into a heavy-based saucepan and cook over low heat until heated through. Depending on the type of soup you're using, you may need to thin it down with a little stock or milk. Add meatballs to soup and cook until heated through, about 5 minutes.

Serves 4

Vegetable and Meatball Soup



Scalloped Potatoes

1 tblspn butter or margarine

1 kg (2lb) potatoes

2 onions, very thinly sliced

salt

freshly ground black pepper

ground nutmeg

1 cup chicken or beef stock

1 Generously grease a shallow ovenproof dish with butter or margarine. Peel and slice potatoes, about 3mm ($\frac{1}{8}$ in) thick.

2 Place a layer of potato slices in bottom of dish.

3 Place a layer of onions over potatoes and sprinkle with salt, pepper and nutmeg to taste. Repeat layers, finishing with potatoes and seasoning each layer.

4 Pour stock over the potato and onion layers. Dot surface with butter or margarine and bake in a moderate oven (180°C) for 90 minutes or until liquid is absorbed, vegetables are tender and top is crisp and golden. If not required immediately, the potatoes can be left in the oven, turned very low, for up to 30 minutes longer.

Serves 6

Corn and Potato Chowder

125g (4oz) bacon rashers, rind removed

2 medium onions, peeled and sliced

1 kg (2lb) potatoes, peeled and diced

600ml (1 pint) water

$\frac{1}{4}$ tspn salt

$\frac{1}{4}$ tspn pepper

440g (14oz) can cream-style sweet corn

600ml (1 pint) milk

1 cup frozen peas, thawed

$\frac{1}{2}$ cup cream

3-4 slices white bread, crusts removed

45-60g ($\frac{1}{2}$ -2oz) butter

1 tblspn grated parmesan cheese

1 Coarsely chop the bacon and place in a large saucepan. Set over a low heat and cook until the bacon fat runs and bacon pieces are crisp. Discard the bacon pieces and add the onion slices to the hot bacon fat. Cook gently, covered with a lid, until the onion is tender but not browned, about 5 minutes.

2 Add the prepared potato dice; toss and then stir in the water and seasonings. Bring to the boil and simmer for 20 minutes.

3 Add the corn, milk and peas; boil and simmer a further 5 minutes. Just before serving, check the seasoning and stir in the cream.

4 Serve the soup sprinkled with parmesan croutons prepared while the soup is cooking.

Parmesan Croutons. Cut the trimmed bread slices into small dice. Add to the butter which has been in a frying pan; toss over moderate heat until the bread cubes are browned. Draw the pan off the heat; sprinkle croutons with the cheese, toss and serve.

Serves 8

Oxtail Soup

1 oxtail

30g (1oz) dripping or fat

2 carrots, sliced

1 large onion, sliced

2 sticks celery, sliced

bouquet garni

few rashers of bacon or bacon rinds

1.8 litres (4 pints) stock, or water and stock cubes

2 tspns cornflour

juice of $\frac{1}{2}$ lemon

1 Wipe oxtail and divide it into joints. Blanch the joints – do this by placing them in a saucepan, covering with cold water and bringing to boil. Strain and pat dry.

(Continued page 8)

Scalloped Potatoes



2 Melt the dripping or fat in a large frying pan and add the oxtail pieces. Brown well on all sides and then remove pieces from hot fat and drain them. Add prepared vegetables to the hot dripping or fat and fry until lightly browned. Return the meat to the pan along with the bouquet garni, bacon or bacon rinds and stock or water and stock cubes.

3 Bring to the boil, cover with a lid and simmer gently for 3–4 hours. Strain the stock off the bones and set it aside in a cool place (overnight if necessary) until the stock is quite cold. Remove the meat from the oxtail bones and shred finely.

4 To finish the soup, remove any solidified fat from the surface and reboil the stock. In a small mixing bowl, blend cornflour with enough cold water to make a thin paste. Gradually stir this mixture into the soup and bring to the boil, so that the soup thickens slightly.

5 Add the oxtail meat and lemon juice and check the seasoning. You can add a few drops of Parisian essence before serving to give the soup a rich colour and add a tablespoon of dry sherry, if desired.

Serves 6

Savoury Pancakes

1½ cups plain flour

2 eggs

450ml (1¾ cups) milk

30g (1oz) butter, melted

2 tblspns soda-water or water

salt and pepper

oil

1 Sift flour into a bowl; add eggs and beat them well into the flour. Gradually beat in milk, melted butter and soda-water or water; finish with a wire whisk or rotary beater until the batter is smooth. Season with salt and pepper and, whenever possible, leave for an hour before using, to improve the batter.

2 Heat about 1 teaspoon of oil in a small frying pan until very hot. Add about 1½ tablespoons batter and tilt the pan so that it spreads out evenly.

3 Cook each pancake over a medium heat until golden brown; flip over and cook for a further minute on the other side. Stack pancakes until they are required.

Makes 12–14 pancakes

Mini Spring Rolls

3 chicken fillets, cut into thin strips

1 large carrot, peeled and cut into thin strips

4 shallots, cut into thin strips

¾ cup bean sprouts

6 tspns soy sauce

1 clove garlic, crushed

¼ tspn five-spice powder

125g (4oz) small spring roll wrappers

SEALING PASTE

1 tblspn plain flour

2 tspns water

oil for deep-frying

1 Have all ingredients ready before you begin to prepare the spring rolls.

2 Combine all ingredients, except spring roll wrappers and sealing paste, in a bowl. Place ½ tablespoonful of filling on the corner of each wrapper.

3 Fold in corners to cover filling, then roll up firmly to form a neat roll.

4 Mix together plain flour and water to form a paste. Seal roll ends with paste. Deep-fry in hot oil until golden brown. Drain on absorbent paper.

Makes about 30

Mini Spring Rolls



Pea Soup

500g (1 lb) split peas

1 ham bone or 500g (1 lb) bacon bones

3 litres (6½ pints) water

60g (2oz) bacon rashers, rind removed

1 onion

1 carrot

1 stick celery

1 bay leaf

½ tspn dried thyme

juice of ½ lemon

salt and pepper

30g (1 oz) butter

1 tblspn plain flour

1 Rinse split peas in water. Place in a large saucepan with bones and water and leave to soak overnight. Bring to boil and cook for 2 hours.

2 Dice bacon, chop onion, dice carrot and slice celery. Heat bacon in a pan until fat runs. Add vegetables and fry until golden brown. Add to soup with bay leaf and thyme and cook for 1 hour. Remove bones from soup. Cut off all meat and dice.

3 Push soup through a sieve. (Although not strictly necessary, it does give a smoother consistency.) Add lemon juice and diced meat and season to taste.

4 Melt butter in a small saucepan and blend in flour. Add a little hot soup gradually and cook, stirring, until boiling. Stir back into the hot soup. Serve soup with plenty of rye bread and butter, if desired.

Variation. Before serving soup, cook 250g (8oz) frankfurters in boiling water for 3 minutes. Cut into slices and add to soup.

Serves 10

EGGS, CHEESE AND FISH

Perfect ingredients for light family fare that's quick and easy to prepare. Try Cheese and Bean Bake on page 12 for an all-time hit.

Salmon Loaf

1 Vienna or crusty loaf of bread

3x220g (7oz) pink salmon

1 cup grated tasty cheese

3 shallots, finely sliced

1 stalk celery, finely sliced

3 tblspns mayonnaise

3 tblspns lemon juice

1 tblspn finely chopped capers

1 egg, lightly beaten

salt and pepper

1 Cut a 2½ cm (1 in) thick slice from one end of bread and set aside. Scoop out soft centre of the loaf, leaving a shell about 1 cm (½ in) thick.

2 Crumble bread from centre of the loaf into a mixing bowl. Drain the salmon, removing any skin and bones, and flake into bowl with the breadcrumbs. Add remaining ingredients and mix well, seasoning to taste with salt and pepper.

3 Stand the hollow loaf on end and spoon in filling, packing it tightly. Replace the cut slice on the end of the loaf, pressing on firmly. Wrap loaf in aluminium foil.

4 Place foil-wrapped loaf on a baking tray and bake in a moderate oven (180°C) for 30 minutes or until loaf is heated through and filling has set. Garnish with sprigs of dill, if desired.

Serves 6

Cabanossi and Pasta Salad

375g (12oz) spiral pasta

2 tblspns olive oil

1 clove garlic, crushed

2 sticks cabanossi (kabanos), thinly sliced

1 small green capsicum (green pepper), seeded and cut into strips

1 small red capsicum (red pepper), seeded and cut into strips

2 sticks celery, chopped

4 shallots, sliced diagonally

60g (2oz) button mushrooms, sliced

salt and freshly ground black pepper

1 Cook pasta in a large saucepan of boiling salted water for 10–15 minutes or until pasta is just tender, drain.

2 While pasta is cooking, heat oil in a frying pan. Add garlic, cabanossi (kabanos), capsicum (pepper), celery and shallots. Cook, stirring, until celery is just tender. Add mushrooms, seasoning to taste with salt and pepper, and cook for a further 2 minutes.

3 Lightly fold cabanossi (kabanos) mixture through drained pasta and serve either hot or chilled.

Serves 6

Cabanossi and Pasta Salad (left) and Salmon Loaf (right).



Country Omelette

6 eggs

4 tblspns milk

salt and pepper

125g (4oz) ham, corned beef or sausage

2 boiled potatoes

1 medium onion

45g (1½ oz) butter

1 Beat the eggs lightly with the milk and season to taste with salt and pepper. Chop ham, corned beef or sausage and potatoes into small dice. Finely chop the onion.

2 Heat the butter in a frying pan large enough to hold all the ingredients. Add onion, cook for 2 minutes, then add diced meat and potatoes and cook until the mixture is lightly browned.

3 Pour the eggs over and cook over a medium heat until the omelette is just set. Lift with a fork as it cooks to allow raw egg liquid on the top to cook through. Turn out onto a warm serving dish and serve at once.

Serves 4

Cheese and Bean Bake

¼ cup chopped, dried onion

½ cup hot water

3 rashers bacon, rind removed, and chopped

1 cup baked beans in tomato sauce

1½ cups cooked spaghetti

125g (4oz) processed cheddar cheese, grated

pinch salt

pinch cayenne pepper

1 Soak the chopped, dried onion in hot water for 15 minutes. Drain well.

2 Fry bacon for a few minutes. Combine in a bowl with the onion, baked beans, spaghetti, 90g (3oz) of the cheese, the salt and cayenne pepper.

3 Pour into a small casserole dish; cover with remaining grated cheese and bake in a moderately hot oven (190°C) for about 20 minutes or until top is lightly browned.

Serves 4

Barbecued Stuffed Fish

6 small whiting or trout

salt and pepper

1 tblspn lemon juice

250g (4oz) packet frozen chopped spinach, thawed

1¼ cups neufchatel cheese

¼ cup grated parmesan cheese

2 tblspns finely chopped shallots

1 tspn salt

freshly ground black pepper

1 tblspn oil

1 Scale and gut fish if necessary. Wash and pat dry with paper towels. Rub inside cavities with salt and pepper and sprinkle with lemon juice.

2 Thoroughly drain thawed spinach and mix together with neufchatel cheese, parmesan cheese, parsley and shallots until well combined. Season to taste with the salt and pepper.

3 Fill fish cavities with cheese mixture and secure with skewers. Brush fish with oil and place on barbecue. Cook for 10–15 minutes, or until fish flakes easily when tested with a fork, turning once during cooking.

Serves 6

Barbecued Stuffed Fish



Old-Fashioned Fish Pie

750g (1½ lb) fish fillets, fresh or frozen

300ml (½ pint) milk

salt and pepper

2 hard-boiled eggs

500g (1 lb) potatoes

a little hot milk

30g (1 oz) butter

2 tblspns plain flour

lemon juice

grated cheese

1 Place fish in greased pie plate. Add about half the milk, with salt and pepper to taste. Cover dish with greased paper or lid and bake in centre of moderately hot oven (190°C) for 10–15 minutes.

2 Lift fish out of dish. Strain and reserve liquid in which it has been cooked. Remove any skin and bones and flake fish (don't mash it, or it will become stringy). Return fish to pie dish, along with sliced hard-boiled eggs.

3 Cook potatoes, then mash them. Season to taste and beat until smooth with a knob of the butter and hot milk.

4 Melt remaining butter, stir in flour, then reserved liquid in which fish was cooked, made up to 300 ml with remaining milk. Stir sauce over heat until smooth, thickened and boiling. Season to taste with salt, pepper and a squeeze of lemon juice.

5 Pour sauce over fish and eggs, then tap dish gently so that sauce coats all the fish to the bottom. Spread mashed potatoes evenly over fish then rough up surface with a fork. Sprinkle with grated cheese.

6 Place in hot oven (200°C) until well heated and crispy golden brown on top, approximately 15 minutes.

Serves 4

Fish a la King

220g (7 oz) canned fish, tuna or salmon

125g (4 oz) button mushrooms (or use a small can)

½ green capsicum (green pepper)

60g (2 oz) butter

3 tblspns plain flour

300ml (½ pint) water

1 chicken stock cube

150ml (¼ pint) cream

salt and pepper

pinch cayenne

1 tblspn sherry or vermouth

1 Drain fish, remove bones and flake. Thinly slice button mushrooms and finely chop capsicum (pepper). Heat butter in a saucepan. Add mushrooms and capsicum (pepper) and cook gently for 3 minutes.

2 Remove mushrooms and capsicum with a slotted spoon. Add flour to the butter, mix well and gradually blend in water, stirring constantly until the sauce is thick and smooth.

3 Mix in stock cube and stir until it has dissolved. Add the fish, mushrooms and capsicum to the sauce. Blend in the cream, seasonings and sherry, and heat through without boiling. Serve with boiled rice, if desired.

Variations. Finely chopped celery can be used in place of the green capsicum and the dish can be stretched by the addition of small shapes cut from short or puff pastry and baked until golden brown.

Serves 4

Welsh Rarebit

375g (12 oz) tasty cheddar cheese

30g (1 oz) butter

½ cup milk or beer

1 tspn Worcestershire sauce

1 tspn dry mustard

pinch salt

pinch cayenne pepper

1 egg

8 slices toasted bread

paprika, optional

1 Coarsely grate cheese. Melt butter in top of double boiler over boiling water. Add milk or beer and, when warm, add grated cheese. With a fork, stir lightly but constantly until the cheese melts.

2 Season with Worcestershire sauce, dry mustard, salt and cayenne pepper. Remove pan from heat and stir in lightly beaten egg. The egg will cook in a few seconds, then pour over hot toast.

3 Sprinkle with a little paprika if desired. Serve immediately.

Serves 4

Fillets of Fish

4 fish fillets

seasoned flour

about 125g (4 oz) butter

about 2 tblspns oil

4 tblspns fish stock or water

lemon juice

salt and pepper

2 tblspns white wine

2 tblspns fine breadcrumbs

2 tblspns grated cheese

chopped parsley

paprika

1 Pat the fillets dry, then dip in seasoned flour. Fry lightly on one side, in equal quantities of butter and oil. Transfer fillets to hot, oval, fire-proof dish containing enough melted

butter and stock or water to cover the base. Place fillets fried-side down. Moisten tops with butter. Sprinkle to taste with lemon juice and season lightly with salt and pepper.

2 Place on middle shelf of moderately hot oven (190°C) and bake for 5 minutes. Sprinkle with white wine and baste, then cook a further 2–3 minutes. Sprinkle with breadcrumbs and cheese. Bake a further few minutes until golden.

3 Garnish with chopped parsley and a sprinkling of paprika. Serve with buttered new potatoes sprinkled with parsley.

Serves 4

Savoury Cheese Fish Bake

500g (1 lb) fish fillets, fresh or frozen

salt and pepper

2 tspns lemon juice

¼ cup diced celery

¼ cup diced red and green capsicum (peppers)

30g (1 oz) butter

440g (14 oz) can condensed oyster or mushroom soup

½ cup milk

½ cup grated cheddar cheese

½ tspn paprika

lemon wedges

toast triangles

1 Arrange fish fillets in casserole. Add salt and pepper to taste and lemon juice. Fry celery and capsicum (peppers) in butter in frying pan, then add soup and milk. Heat through and pour over fish. Sprinkle with cheese and paprika.

2 Bake in a moderately hot oven (190°C) for 45 minutes or until lightly browned. Serve with lemon wedges and buttered toast triangles, or brown bread rolls, if preferred.

Serves 4

Farmhouse Pie

3 cups plain flour

¼ tspn baking powder

pinch salt

185g (6oz) butter

2 egg yolks

2–3 tblspns iced water

squeeze of lemon juice

4 rashers bacon

6–8 eggs

extra salt

freshly ground black pepper

1 egg yolk

1 tspn water

1 Sift flour, baking powder and salt into a medium bowl. Rub in butter lightly and evenly until mixture resembles breadcrumbs.

2 Beat together egg yolks, iced water and lemon juice until blended. Sprinkle evenly over flour, stirring with spatula or knife to form a dough. Add a little extra water if necessary. Knead lightly on floured board, wrap and chill for 30 minutes or until needed. Roll out half the pastry to line a 23cm (9in) greased sandwich tin or deep pie plate.

3 Cut rind off bacon and cut each rasher into thirds. Fry bacon until crisp. Drain and cool and place on pastry shell. Break whole eggs over the bacon, taking care not to pierce yolks. Sprinkle well with salt and pepper.

4 Roll out remaining pastry for the top. Beat egg yolk with water and glaze the edge of pie. Cover with pastry and press edge with fork to seal. Cut a cross in the top and brush with egg glaze. Bake in a very hot oven (220°C) for 10–15 minutes; reduce to moderate (180°C) and cook a further 30 minutes or until pastry is crisp and golden brown. Serve hot or cold.

Serves 8

Smoked Fish with Egg Sauce

750g (1½ lb) smoked fish

600ml (1 pint) milk

water

4 whole peppercorns

1 bay leaf

60g (2oz) butter

2 tblspns plain flour

pinch salt

3 hard-boiled eggs

toast

lemon wedges

1 Cut fish into serving pieces and place in saucepan with 150ml (¼ pint) of the milk. Add enough water to cover fish and bring slowly to boil. Simmer gently for 8–10 minutes or until the fish flakes easily with a fork. Be sure to cover the fish with water otherwise it will be hard and dry. Drain and keep hot.

2 Place remaining milk, peppercorns and bay leaf in saucepan. Bring to boil, then remove from heat. Cover and leave.

3 Melt half the butter in a small, heavy-based saucepan. Add flour and stir over low heat. Do not allow to brown. Discard bay leaf and peppercorns, then add infused milk gradually to roux, whisking all the time until it's smooth and creamy. Season to taste with salt. Bring to boil, then reduce heat and simmer for 5–6 minutes.

4 Separate the hard-boiled eggs. Cut whites into strips. Sieve yolks and beat into sauce with remaining butter. Add sliced eggwhites. Heat thoroughly and pour over hot fish. Serve with toast and lemon wedges.

Serves 4–5

Fish Pie

750g (1½ lb) white fish fillets

1 cup white wine

1 tblspn oil

1 tblspn butter or margarine

1 onion, finely chopped

2 stalks celery, sliced

1 green apple, peeled, cored and finely chopped

1 tspn curry powder

¼ tspn nutmeg

1 tspn mustard powder

2 tblspns flour

1 cup milk

1 tblspn lemon juice

1 tblspn finely chopped parsley

salt and pepper to taste

2 sheets ready-rolled puff pastry

beaten egg for brushing

1 Place the fish fillets and wine in a saucepan and cook over moderate heat until fish is just tender, about 10 minutes. Remove pan from heat, drain the fish well, reserving ⅔ cup cooking liquid. Remove all the bones and skin and flake the flesh with a fork.

2 Add the oil and butter or margarine to the pan and heat until melted. Add onion, celery, apple, curry powder, nutmeg and mustard and cook, stirring all the time, until vegetables have softened slightly, about 3 minutes.

3 Remove pan from the heat, stir in the flour, return pan to the heat and cook, stirring, for 1 minute. Gradually add the milk and reserved cooking liquid, continue cooking, stirring, until the mixture boils and thickens, about 4 minutes.

4 Spoon fish filling into a 28x20 cm (11x8 in) ovenproof dish or tin. Place the two sheets of pastry over the filling to completely cover it. Press down lightly to secure the lid, trim off any excess pastry and brush the top with beaten egg. Cut a few holes in the top of the pastry to allow steam to escape and bake in a hot oven (200°C) for 20 to 25 minutes, or until pastry is golden brown.

Serves 6–8

Mussels in Tomato Garlic Sauce

1 kg (2 lb) mussels

2 tblspns oil

3 cloves garlic, crushed

1 large onion, chopped

440 g (14 oz) can peeled tomatoes, liquid reserved

2 tblspns tomato paste

salt

freshly ground black pepper

2 tblspns chopped parsley

1 Clean mussels by scrubbing well and removing beards. Heat oil in a large, heavy-based saucepan. Add garlic and onion and fry until slightly softened, about 3 minutes.

2 Add tomatoes and their liquid, the tomato paste and mussels, seasoning to taste with salt and pepper. Cover pan and simmer for 15 minutes, stirring occasionally.

3 Discard any mussels which do not open. Just before serving, sprinkle with parsley. Serve with a loaf of fresh, crusty bread and a tossed green salad, if desired.

Serves 2









EVER-POPULAR CHICKEN

Economical and endlessly varied, chicken dishes offer an ideal solution to family meal planning. For a special occasion, try our duck recipe too.

Chicken with Honey Sauce

1 barbecued chicken
2 rashers bacon, rinds removed
250g (½ lb) packet frozen mixed vegetables

HONEY SAUCE

⅓ cup water
1 tblspn soy sauce
1 tspn sugar
1 tspn cornflour
1 chicken stock cube
1 tspn honey

1 Cut chicken into serving-sized pieces. Place in an ovenproof dish and bake in a moderately hot oven (190°C) for 10–15 minutes until heated through.

2 Meanwhile, roughly chop bacon and cook in a hot frying pan until golden brown. Add unfrozen vegetables. Mix well.

3 **Honey Sauce.** While bacon and vegetables are cooking, combine all ingredients for sauce and mix well. Pour sauce over bacon mixture, stirring until it boils and thickens.

4 Pour sauce and bacon mixture over chicken and bake, uncovered, for a further 10 minutes.

Serves 4

Chicken with Honey Sauce

Roast Duck with Sage and Onion Stuffing

1.75 kg (3½ lb) duck
2 cups water
¼ tspn salt
oil

freshly ground black pepper

1 cup white wine or chicken stock

SAGE AND ONION STUFFING

3 medium onions

60g (2oz) butter

2 cups fresh white breadcrumbs

5 sage leaves or 1 tspn dried sage

3 tspns chopped parsley

freshly ground black pepper

1 beaten egg or milk to bind

1 First, prepare stuffing. Slice the onions finely and boil for 15 minutes in salted water. Drain and stir in the softened butter. Add breadcrumbs, finely chopped sage and parsley. Season to taste with pepper and bind with beaten egg or milk.

2 Preheat oven to very hot (220°C). Cut off the neck of the duck and place in saucepan with giblets, water and salt. Wipe duck with damp cloth and lightly spoon stuffing into body cavity. Close opening with small skewers and tie legs together.

(Continued overleaf)

3 Rub breast with a little oil and pepper and place on rack in roasting tin. Place in hot oven and reduce heat at once to moderate (180°C). After 30 minutes discard any fat in roasting tin and add wine or stock. Cook a further 40–45 minutes or until tender, basting occasionally if necessary.

4 Cook roast potatoes in a separate dish. Remove duck to heated serving dish. Skim off fat and make gravy with giblet stock. Serve with Apple Sauce and green vegetables, if desired.

Serves 4

Chicken and Bacon Hotpot

1½ kg (3 lb) chicken pieces

2 tblspns plain flour seasoned with salt and pepper

5 rashers bacon, rinds removed

3 tblspns butter or margarine

3 tblspns oil

2 large carrots, cut into strips

2 onions, chopped

extra 2 tblspns flour

450g (14 oz) can pineapple pieces, liquid reserved

1½ cups chicken stock

salt and pepper

2 tblspns chopped parsley

1 Toss chicken pieces in seasoned flour, shaking off any excess. Cut each bacon rasher into 3 pieces. Roll up and secure with toothpicks.

2 Heat butter or margarine and oil in a large, heavy-based frying pan. Add chicken and fry over moderately high heat until golden brown, about 5 minutes each side (you may need to do this in a few batches). Drain on absorbent paper, then place chicken in a large, ovenproof casserole dish.

3 Pour off all but 1 tablespoon of fat from pan. Reserve fat. Add carrots, onions and bacon rolls to pan and fry over moderate heat until

onions have softened slightly, about 3 minutes. Spoon onion mixture over chicken pieces.

4 Add 2 tablespoons of reserved fat to pan, then stir in the flour and cook, stirring constantly, for 1 minute. Remove pan from heat. Gradually add pineapple juice, pineapple pieces and chicken stock, and stir until smooth. Season to taste with salt and pepper.

5 Return pan to stove and cook over moderate heat, stirring until sauce boils and thickens, about 2 minutes. Pour sauce over chicken. Bake in a moderate oven (180°C) for 50 minutes, or until chicken is tender. Sprinkle with parsley and serve with boiled rice.

Serves 6

French Roast Chicken

1.25–1.5 kg (2½–3 lb) chicken

1 small onion, sliced

1 small carrot, sliced

salt and pepper

sprig thyme or rosemary

45g (1½ oz) butter

2 tspns oil

1 Remove giblets from chicken and place in small saucepan with sliced onion and carrot. Cover with water and season to taste with extra salt and pepper. Simmer gently until ready to use.

2 Set oven at moderate (180°C). Dry chicken and sprinkle inside with extra salt and pepper. Place herbs in chicken with 30g (1 oz) of the butter. Tie legs together and skewer wings. Rub well with remaining butter and oil and place on its side on rack in roasting tin. Add 2 tablespoons of the cooking stock and cook for 20 minutes.

3 Turn on other side, baste with dripping from roasting pan – adding more stock if necessary – and cook a further 20 minutes.

(Continued page 22)

Chicken and Bacon Hotpot





4 Turn breast up. Baste and cook until tender. This should take 1–1¼ hours, by which time the skin should be deep golden brown and crisp.

5 Remove chicken to heated serving dish. Strain giblet stock into roasting pan, stir to loosen residue, and boil rapidly until reduced to about 1 cup. Add a small piece of butter and stir until melted. Pour into gravy boat.

Serves 4

Quick Chick Pot Pie

1 cooked or barbecued chicken

440g (14oz) can cream of chicken soup

1 clove garlic, crushed

3 tblspns chopped shallots

2 small carrots, finely sliced

½ cup frozen peas

125g (4oz) button mushrooms, sliced

salt

freshly ground black pepper

1 sheet frozen ready-rolled shortcrust pastry, thawed

1 egg yolk, beaten

1 Bone chicken and place flesh in a large saucepan. Add remaining ingredients (except pastry and egg yolk), seasoning to taste with salt and pepper.

2 Cook over a moderately low heat for 10–15 minutes, stirring occasionally.

3 Spoon into a high-sided pie dish. Cover with pastry sheet and trim. Using a sharp knife, cut two 7cm-long slits through pastry in a cross design. Pull back cut pieces and brush entire pastry top with egg yolk.

4 Bake in a moderately hot oven (190°C) for 10–15 minutes or until pastry is golden brown.

Serves 6



Quick Chick Pot Pie



Oriental Chicken Wings

1 kg (2lb) chicken wings

SAUCE

½ cup soy sauce

1 cup honey

1 cup oil

1 tspn ground ginger

1 clove garlic, crushed

1 Cut tips from wings and discard (or keep tips, frozen, for making chicken stock). Halve chicken wings, cutting through joints.

2 Mix together soy sauce, honey, oil, ginger and garlic.

3 Place chicken wings in a baking dish and pour sauce over. Bake in a moderate oven (180°C) for 30 minutes or until tender. Drain and serve garnished with fine strips of red capsicum (red pepper), if desired, and bowls of lemon water for cleaning sticky fingers.

Serves 4

Peppered Chicken Breasts

2 half chicken breasts, diced

2 tblspns soy sauce

1 tblspn cornflour

2 green capsicums (green peppers)

1 small red capsicum (red pepper)

1 onion, sliced

oil for deep-frying

1 clove garlic, crushed

SAUCE

2 tblspns cornflour

3 tblspns soy sauce

1 tspn sugar

½ tspn salt

¼ cup chicken stock

1 Coat the diced chicken with a mixture of soy sauce and cornflour and set aside for a few minutes. Remove the seeds from the green and red capsicums (peppers). Slice thinly and mix with the onion. Set aside. Combine sauce ingredients.

2 Heat a pan with enough oil for deep frying and, when hot, add the chicken and fry until golden brown. Remove chicken from pan and drain.

3 Pour all but 2 tablespoons oil from the pan. Add garlic and fry the vegetables for about 2 minutes, then add the sauce mixture. Bring to the boil, add chicken, and heat thoroughly.

Serves 4

Oven-Fried Lemon Chicken

size 15 (3lb) chicken

½ cup plain flour

pinch salt

¼ tspn pepper

2 tspns paprika

125g (4oz) butter

SAUCE

2 tspns soy sauce

pinch salt

½ tspn pepper

¼ cup oil

⅓ cup lemon juice

2 tspns grated lemon rind

1 clove garlic, crushed

1 Make sauce first. Combine all ingredients. Mix well and refrigerate for 1 hour.

2 Cut chicken into serving-size pieces and toss in flour combined with salt, pepper and paprika. Grease large ovenproof dish with a little of the butter. Arrange chicken pieces skin-side down in single layer.

3 Melt remaining butter, spoon over chicken and bake, uncovered, in hot oven (200°C) for 30 minutes.

4 Turn chicken and spoon lemon sauce over. Return chicken casserole to oven. Cook a further 30 minutes or until tender, basting occasionally.

Serves 4-6

BEEF, PORK, SAUSAGES AND MORE

Hearty food for healthy appetites. These recipes are sure to satisfy children and adults – some fathers say they're just like Mother used to make!

Roast Fillet of Beef with Port and Nut Stuffing

1½ kg (3 lb) Scotch fillet (rib eye) or eye fillet, in one piece

STUFFING

⅓ cup coarsely chopped pecans

2 tblspns butter, melted

2 tblspns chopped parsley

2 tblspns liquid honey

1 tblspn grated orange peel

¼ cup port

1 egg, beaten

salt and freshly ground pepper

about 2 cups fresh, white breadcrumbs

TO COOK BEEF

1 large carrot, coarsely chopped

3 sticks celery, coarsely chopped

1 large onion, coarsely chopped

2 tblspns butter

GRAVY

1 cup beef stock

½ cup port

salt and freshly ground pepper

watercress to garnish

2 Combine all the stuffing ingredients, adding enough breadcrumbs to make a stuffing that is moist, but not wet.

3 Fill pocket with stuffing and tie beef at 5 cm (2 in) intervals with kitchen string to keep stuffing in place.

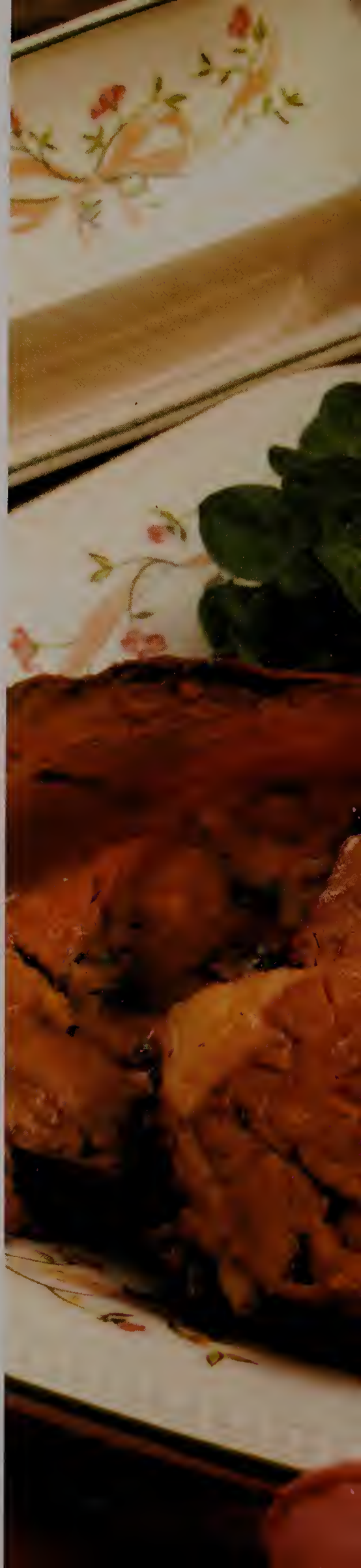
4 Scatter carrots, celery and onion in the base of a roasting tin and dot with butter. Place beef on top of vegetables. Roast in a preheated hot oven (200°C) for 50–60 minutes for medium-rare beef, turning beef halfway through cooking time. Remove beef to a serving platter and cover loosely with foil (it should rest for about 15 minutes before carving).

5 Strain pan juices through a colander into a saucepan, pressing down on vegetables to extract as much liquid as possible. Add beef stock and port to the saucepan and bring to the boil. Boil rapidly until liquid is reduced to thin gravy consistency. Season to taste with salt and pepper.

6 Remove strings from beef. Arrange on a heated platter and spoon a little gravy over the top. Garnish platter with watercress. Carve beef into thick slices and serve remaining gravy separately in a heated sauce boat.

Serves 8–10

1 Trim the beef, removing all fat and sinews. Make a lengthwise incision to form a pocket for stuffing, cutting only three-quarters of the way through.





Old-Fashioned Meat Loaf

300g (9oz) can condensed cream of celery or tomato soup

1 kg (2lb) minced beef

½ cup fine dry breadcrumbs

½ cup chopped onion

2 tblspns chopped parsley

1 tblspn Worcestershire sauce

1 egg, beaten lightly

¼ tspn salt

pinch pepper

1 Combine all ingredients and mix thoroughly. Shape firmly into a loaf and place in shallow baking pan. (Thorough mixing and firm shaping will produce a moist, easy-to-slice loaf.)

2 Bake in moderate oven (180°C) for 1¼ hours. If desired, after loaf has baked for 1 hour, garnish top with 4 tomato slices and ½ cup shredded cheddar cheese. Bake a further 15 minutes.

Serves 8

Shepherd's Pie

750g (1½ lb) potatoes

2 tblspns milk

15g (½ oz) butter

salt and pepper

savoury mince (see recipe page 32)

1 tblspn grated cheese

1 Peel and quarter potatoes and cook in boiling salted water until tender. Drain well and mash. Pull pan partially off heat and push mashed potato to cool side of pan. Add milk and butter and allow to heat until milk is bubbling and butter melted, then beat into potatoes.

2 Pile savoury mince into pie dish and top with creamy mashed potato. Rough up with a fork and sprinkle with grated cheese.

3 Bake in moderate oven (180°C) for 30 minutes or until heated through, then put under a hot grill until crisp and brown.

Serves 4

Country Pate

500g (1 lb) calf's liver

375g (12oz) pork fat

250g (8oz) veal mince

3 tblspns butter or margarine

1 large onion, chopped finely

⅓ cup plain flour

1⅓ cups milk

3 eggs

2 tblspns brandy

salt and pepper

¼ tspn ground allspice

¼ tspn ground mace

6 bacon rashers, rinds removed and halved

125g (4oz) button mushrooms, sliced

1 Preheat oven to moderate (180°C). Rinse liver under cold water and pat dry with a paper towel. Cut into small pieces. Mince in a food processor twice, gradually adding the pork fat and veal. Blend well until smooth. Grease a 6–8-cup loaf tin or terrine dish.

2 Melt butter in a saucepan; fry onions until tender, about 3 minutes. Stir in flour until well combined. Gradually blend in milk over a moderate heat, stirring constantly. Lower heat and simmer 1 minute (mixture should resemble a very thick paste).

3 Add liver mixture, eggs, brandy, salt and pepper to taste, allspice and mace, and stir until well blended. Turn into the prepared tin or dish. Place in a baking dish and pour in hot water to a depth of 3cm (1½ in) around the tin or dish.

4 Bake, uncovered, in moderate oven for 45 minutes. Lower heat to slow (160°C) and bake for a further 60 minutes. Cover with foil. Allow to sit in hot water for an hour before serving.

Country Pate



5 Before serving, fry bacon in frying pan until crisp. Drain on absorbent paper. Pour off all but 2 tablespoons dripping. In hot bacon drippings, fry mushrooms until tender. Remove pate carefully from the tin or dish and arrange with bacon and mushrooms. Serve with rye bread and lemon pepper, if desired.

Serves 12

Flemish Beef

1.5kg (3lb) chuck steak

6 medium onions

60g (2oz) butter

2 tblspns plain flour

salt and pepper

150ml (1/4 pint) beef stock

450ml (1 3/4 cups) beer

MARINADE

75ml (1/3 cup) vinegar

150ml (1/4 pint) oil

2 tblspns finely chopped onion

1 tspn chopped parsley

pinch dried thyme

1 Prepare the marinade first by combining all ingredients.

2 Trim off any fat and skin from the meat and place in large pieces of about 5x7.5cm (2x3in), in the marinade for at least an hour (better if it can be left overnight).

3 Thinly slice the onions and fry in butter in a heavy-based frying pan until lightly coloured; lift out. Briskly fry the meat and lift out.

4 Blend the flour and seasonings into the fat, then gradually add the stock and beer. Bring to the boil.

5 Place the meat and onions in layers in a casserole and pour the thickened stock and beer over. Cook in moderate oven (180°C) for 1 1/2 hours.

Serves 8-10

Beef in Beer

750g (1½ lb) stewing steak
2 tblspns seasoned flour
2 onions
60g (2oz) butter
1½ cups beer
½ cup water
1 beef stock cube
2 tspns French mustard
2 tspns sugar
pinch salt
2 bay leaves
6 small rounds of crusty French bread

1 Trim beef and cut into 4cm (1½ in) cubes. Roll in seasoned flour. Slice onions thinly. Heat 30g (1 oz) of the butter in frying pan and quickly fry the meat until evenly browned. Transfer meat to a casserole or other ovenproof dish.

2 Fry onions in pan with remaining butter until golden. Add remaining ingredients and bring to the boil. Pour over browned beef in casserole or dish. Cover and cook in a moderate oven (180°C) for 1½–2 hours or until beef is tender. If using an ovenproof casserole or dish, meat can be simmered very gently over direct heat instead of cooking in the oven.

3 You may prefer to use tiny whole onions instead of sliced, or to finish the dish with the following garnish as they do in Belgium, where this dish originated. Thirty minutes before serving, remove lid from casserole. Place the rounds of crusty French bread on casserole and push this bread down into the gravy. Return dish to oven and cook until the top of the bread is crisp and brown.

Serves 4

Italian-Style Sausages

3 tblspns oil
2½ kg (5lb) Italian sausages or other small, thin sausages
3 small onions, thinly sliced
2 cloves garlic, crushed
450g (14oz) mushrooms, sliced
⅔ cup tomato paste
3 x 425g (13½ oz) cans tomatoes, drained and roughly chopped
3 beef stock cubes
2½ cups water
2½ tspns sugar
salt and pepper
1 tblspn finely chopped fresh basil or 1 tspn dried basil
2 tblspns finely chopped parsley
1 cup black olives, chopped

1 Heat oil in a large, deep saucepan and fry the sausages until golden brown all over, about 6–8 minutes (you may need to do this in several batches). Remove sausages from pan and drain on absorbent paper. Keep warm.

2 Pour excess oil from pan, leaving about 2 tablespoons in pan. Return pan to heat. Add onion and garlic and fry until onion has softened slightly, about 3 minutes. Add mushrooms and fry until they just begin to wilt and juice runs from them, about 2 minutes.

3 Add the tomato paste, tomatoes, stock cubes, water and sugar. Season to taste with salt and pepper. Bring to the boil, then lower heat and simmer, uncovered, for 15 minutes, stirring occasionally.

4 Pour into a large casserole dish with the sausages. Garnish with basil, parsley and olives.

Serves 20



*Italian-Style Sausages (top) and
Pate en Croute (right).*



Pate en Croute

PASTRY

¾ cup plain flour

¼ tspn salt

1 egg plus 1 egg yolk

90g (3oz) butter

75g (2½ oz) lard

⅓ cup water

FILLING

315g (10oz) ham

⅓ cup brandy

salt and pepper

250g (½ lb) pork fillet

250g (½ lb) lean veal

375g (¾ lb) bacon, rind removed

1 onion, chopped finely

6 shallots, chopped finely

2 eggs

¼ cup thickened cream

pinch ground allspice

½ cup hazelnuts

extra egg yolk

JELLY

1 tblspn powdered gelatine

1¼ cups hot beef stock

1 Sift flour and salt in a bowl. Make a well in the centre and drop in egg and yolk. Cover with flour. Heat butter, lard and water in a saucepan. Bring to the boil and pour immediately into the flour. Beat thoroughly with a wooden spoon. Turn out on a floured surface and knead until smooth. Cover and stand for 2 hours.

2 Preheat the oven to moderately hot (190°C). Cut half the ham into thin slices, sprinkle with 1 tablespoon of the brandy and salt and pepper to taste and set aside.

3 Finely mince remaining ham with the pork, veal and bacon. Add onion and shallots, eggs, cream, remaining brandy and allspice, and mix well into minced meats to obtain an even mixture.

4 Roll out two-thirds of the pastry to line the base and sides of a large loaf tin. Fill with half the filling mixture, and sprinkle with the ham and hazelnuts. Smooth over the remaining filling mixture.

5 Roll out the remaining pastry to form a lid. Trim the edges and reserve for decorating. Press the edges of the pastry together and pinch to seal. Mix the extra egg yolk with 2 tablespoons water and use to brush the top of the pie. Make several slits in the centre of the pastry lid and cook in moderately hot oven for 30 minutes.

6 Cover with foil, lower the heat to moderate (180°C) and bake for a further 2 hours. Use pastry trimmings to form roses, leaves or other shapes. Secure shapes to pastry with a little of the egg and water glaze. Cook for a further 30 minutes.

7 Dissolve gelatine in 3 tablespoons beef stock, then add the remaining stock and leave to cool, but not set.

8 When pate is cooked, remove from the oven and carefully pour liquid jelly through the slits. Cool for 24 hours before serving. Remove from tin and garnish with sprigs of watercress, if desired.

Serves 8-10

Corned Beef Hash

2 cups finely chopped cooked corned beef

1 tblspn chopped onion

pinch salt

2 cups chopped cooked potatoes

1 cup milk

2 tblspns oil or butter

chopped parsley

1 Combine the beef, onion, salt, potatoes and milk. Heat fat in frying pan. Add meat mixture. When browned on bottom, fold over in two.

2 Slip onto hot platter and garnish with chopped parsley.

Serves 4

Minced Beef and Sausage Loaf

500g (1lb) minced (ground) beef

2 cups soft breadcrumbs

¼ tspn salt

¼ tspn pepper

pinch dried herbs

1 medium onion, chopped

2 sticks celery, chopped finely

1 cup tomato juice

1 tspn dry mustard

1 cup evaporated milk

2 tblspns chopped parsley

250g (8oz) thin pork sausages

1 tblspn tomato sauce (catsup)

2-3 tspns cornflour

1 Mix all the ingredients together except sausages, tomato sauce and cornflour.

2 Grease loaf pan well with butter and arrange sausages side by side in the bottom. Press beef mixture over sausages in loaf pan and brush top with tomato sauce. Bake for 1-1¼ hours in moderate oven (180°C).

3 Pour the gravy off the loaf into a saucepan and thicken with 2-3 teaspoons cornflour mixed to a smooth paste with a little cold water.

4 Turn the loaf onto a heated platter. Serve in slices with the gravy and baked potatoes.

Serves 4-6

Basic Hamburgers

500g (1lb) minced (ground) beef

1 egg yolk

pinch mixed herbs

1 large onion, chopped finely

salt and pepper

oil for frying

1 Mix the beef, egg yolk, herbs, and onion together. Season to taste with salt and pepper. Shape into 4 round flat shapes.

2 Heat oil in a frying pan. Add the hamburgers and brown quickly on one side. Turn, then brown on other side. Lower heat and continue frying until cooked evenly.

3 Serve with fresh salad (lettuce, tomato, onion) and your favourite relish on hot, toasted hamburger buns, if desired.

Serves 4

Sausage and Ham Kebabs

500g (1lb) small chipolata sausages

3 ham steaks, cut into cubes

440g (14oz) can sliced peaches, liquid reserved for marinade

12 button mushrooms

MARINADE

1 tblspn brown sugar

⅔ cup reserved peach juice

salt and pepper

1½ tspns dry mustard

1 Thread the sausages, ham, peaches, onions and mushrooms alternately on skewers. Place in a single layer in a large baking or shallow dish.

2 Place all marinade ingredients in a large bowl and beat until well combined. Pour marinade over kebabs and leave for 15 minutes to allow flavours to soak into sausages.

3 Remove kebabs from marinade. Cook under a hot grill, brushing occasionally with marinade, until meat and vegetables are cooked and golden brown, about 8-10 minutes. *Note:* If using bamboo or wooden skewers, soak them for a couple of hours in cold water to prevent them from burning during cooking.

Serves 4

Sausage and Ham Kebabs



Braised Beef Spare Ribs

1.5kg (3lb) beef spare ribs

seasoned flour

1 tblspn oil

40g (1½ oz) packet French onion soup

¼ cup vinegar

½ cup tomato sauce (catsup)

1 cup water

1 tblspn brown sugar

½ cup sliced celery

1 Choose fairly lean ribs and ask your butcher to cut them into 6.5cm (2½ in) pieces. Coat ribs in seasoned flour.

2 Heat oil in a large casserole or frypan. Add ribs and brown evenly. Cover and cook gently for 30 minutes. Pour off any excess fat.

3 Combine remaining ingredients and pour over meat. Simmer, covered, for 1½ hours, turning occasionally. Season to taste and serve with mashed potatoes and green beans. You can bake the spare ribs in the oven if desired, but pour off excess fat and cook until tender.

Serves 6

Moussaka

3 small eggplants (aubergines)

salt

4 tblspns oil

2 medium onions

500g (1 lb) minced beef

1 clove garlic, crushed

3 tblspns tomato paste

½ cup beef stock or water and stock cube

1 tblspn chopped parsley

freshly ground black pepper

4 tblspns grated parmesan cheese

TOPPING

2 eggs

1 tblspn plain flour

1 cup yoghurt

1 Cut eggplants into 1 cm (½ in) slices. Sprinkle generously with salt and leave for 20 minutes. Drain, wash and dry. Heat 2 tablespoons of the oil and fry eggplant slices quickly until brown on both sides, adding more oil if necessary. Remove to a plate.

2 Chop onions and add to pan with more oil. Fry gently without browning. Push to one side of pan, then add beef and stir constantly over high heat until brown.

3 Add crushed garlic, tomato paste, stock or water and cube, parsley and freshly ground black pepper to taste. Simmer for 15 minutes.

4 Place one layer of fried eggplant slices in a well-greased oven-proof dish. Sprinkle with a little of the grated parmesan cheese, then layer some meat on top and sprinkle with more parmesan. Repeat layers in order given, finishing off with a good sprinkling of cheese.

5 Beat eggs, blend in flour, then add yoghurt. Pour topping over layers and sprinkle with any remaining cheese or extra cheese. Bake in a hot oven (200°C) for 30–45 minutes or until top is golden brown.

Serves 4–6

Savoury Mince

2 onions

1 tblspn fat or oil

500g (1 lb) minced beef

1 tblspn plain flour

pinch salt

pepper

1 beef stock cube

1 cup hot water

2 tspns Worcestershire sauce

1 Chop onions finely and fry in fat or oil until soft. Add minced beef and, pressing down with a fork, fry until mince separates and is evenly browned.

2 Add flour, salt and pepper and toss well. Dissolve stock cube in hot water with Worcestershire sauce. Stir into pan.

3 Cover and bring to boil. Reduce heat and simmer gently for 30 minutes. Serve over mounds of mashed potato or on hot buttered toast, if desired.

Serves 4

Beef Stroganoff

650g (1¼ lb) tender steak

1 tblspn oil

4 onions

8–10 mushrooms

120g (4 oz) butter

½ glass white wine

salt and pepper

1 tblspn tomato paste

½ cup sour cream

½ tspn paprika

1 tspn chopped parsley

1 Thinly slice meat and marinate with the oil. Leave in marinade for 30 minutes. Chop the onions finely and slice the mushrooms. Melt butter in a frying pan. Add vegetables and soften in the melted butter without colouring.

2 Add the wine and continue to cook gently for 10–15 minutes with the lid off. Season to taste. Heat another frying pan. Toss in the meat a few strips at a time and let them brown, shaking the pan. Add the onion and mushrooms. Lower the heat. Stir in the tomato paste and season to taste. Cook gently for 10–15 minutes more.

3 Add the sour cream and paprika and let mixture heat without boiling. Sprinkle with the chopped parsley.

Serves 4–5

QUICK REFERENCE

G U I D E

All the information you need on
Oven Temperatures
Measurement Equivalents
Storing/Freezing Methods
Common Cooking Terms and Hints
Herb Guide
Marinades That Work



SPECIAL SECTION
JUNK-FREE FOOD FOR FAMILIES

A HEALTHY MENU

Encourage your children to follow the Healthy Diet Pyramid Plan – Eat Most, Eat Moderately, Eat Least.

Here is a sample menu selection of healthy foods for one day. You can include a variety of fresh, frozen, packaged, canned and takeaway foods in a healthy diet.

Breakfast

½–1 cup cereal (choose some of the wholegrain varieties and less of the sugar and honey frosted varieties)

Milk (use some reduced-fat and low-fat varieties)

Toast (1 slice) (try wholemeal and reduced salt varieties)

Butter or polyunsaturated margarine (try reduced salt varieties), thinly spread

Topping, e.g. cheese, baked beans, tomato, peanut butter, banana, sweet corn (try 'no added salt' peanut butter, baked beans and sweet corn)

Mid-Morning Snack

A piece of fruit or a milk drink

Milk ice block or frozen yoghurt

EAT LEAST

SUGAR

BUTTER

MARGARINE, OIL

EAT MODERATELY

MEAT, CHICKEN

FISH, LEGUMES

EGGS, NUTS

MILK, CHEESE

YOGHURT

EAT MOST

VEGETABLES

FRUIT

BREAD

CEREALS

Lunch

Sandwich (2–4 slices of bread or a roll) – preferably wholemeal or half white and half wholemeal

Filling – e.g. salad, cheese, lean meat, egg, bean sprouts, baked beans, mixed beans, sweet corn

1 piece of fruit

Milk or yoghurt

Afternoon Snack

1 or 2 scones, plain wholemeal biscuit, breakfast biscuit or bread

Butter or polyunsaturated margarine, thinly spread

Milk drink

Evening

Lean meat, chicken or fish

Potato, rice or pasta

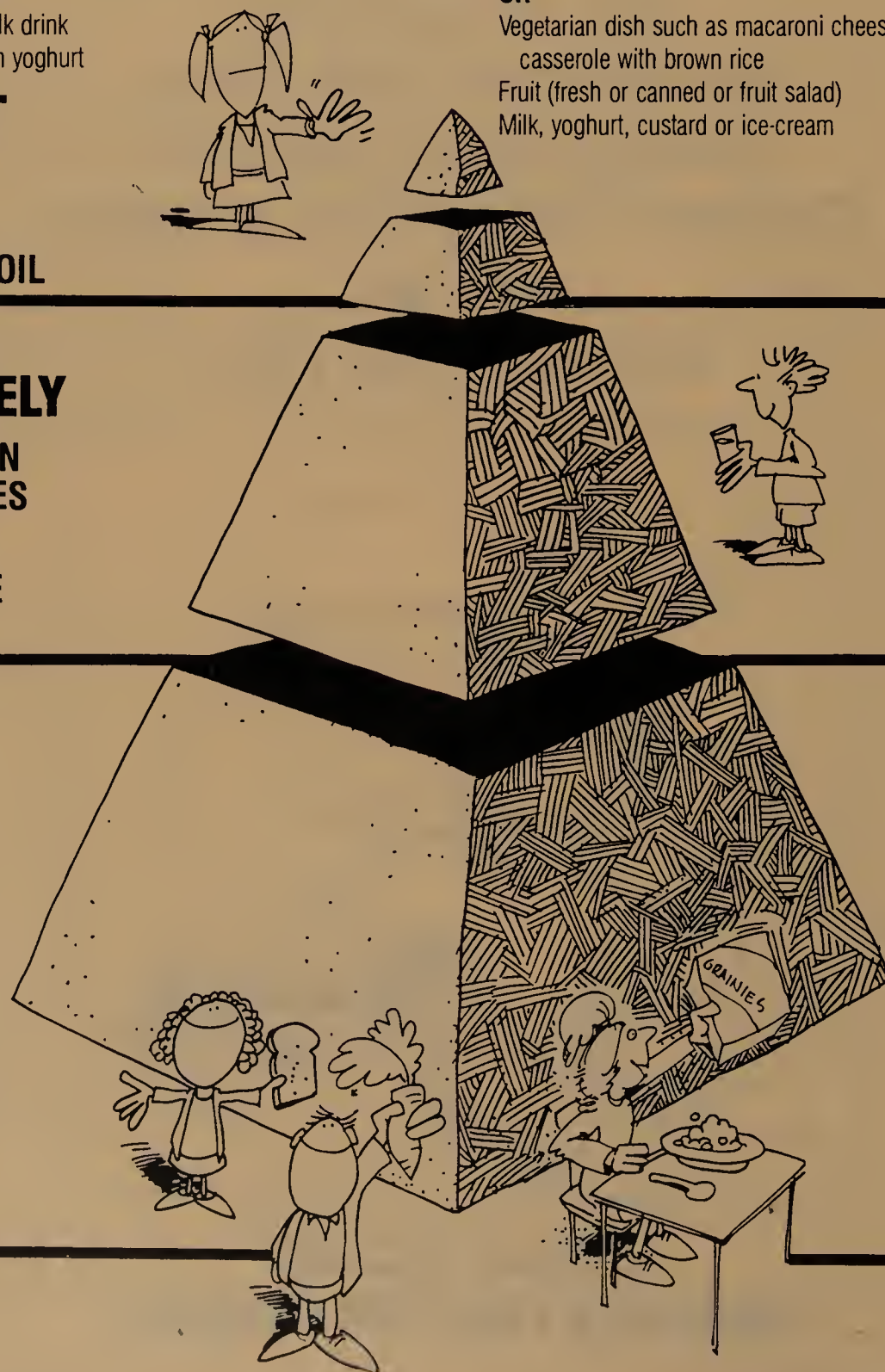
1 or more vegetables (cooked or salad)

OR

Vegetarian dish such as macaroni cheese with salad, or bean casserole with brown rice

Fruit (fresh or canned or fruit salad)

Milk, yoghurt, custard or ice-cream



GREAT FOODS FOR LUNCH AND SNACKS

Help the children pack their own lunch and prepare healthy snacks for themselves and their friends. Here are a few ideas, but you will be able to add many more. Encourage the children to try new ideas; they sometimes enjoy foods that don't appeal to adults.

- Sandwiches (try wholemeal or half and half wholemeal and white)
- Toasted sandwiches
- Bread rolls and hamburger buns (try these filled with cheese and heated in the oven)
- Pita pocket bread
- Lebanese bread
- Scones, wholegrain biscuits, wholemeal or bran muffins, fruit or bran loaf, pancakes
- Wholegrain breakfast biscuits with a thin spread of butter, margarine or peanut butter
- Ready-to-eat breakfast cereal and milk (children like 'breakfast' at any time)
- Cheese on toast fingers
- Cheese sticks

- Celery boats with cottage cheese
- Pitted prunes with cottage cheese
- Hard-boiled eggs
- Chicken drumsticks (fatty skin removed)
- Meat balls and hamburgers
- Baked beans
- Fresh fruit, fruit salad, dried fruit
- Frozen fruit juices
- Fruit kebabs (pieces of fruit on toothpicks or bamboo sticks)
- Fruit juice
- Melon balls
- Vegetable sticks and tomato wedges
- Milk drinks (plain and flavoured, try reduced-fat or low-fat varieties)
- Yoghurt (plain and flavoured, try low-fat varieties)
- 'Milk and fruit' shakes
- Milk ice blocks and frozen yoghurt
- Fruit smoothies (yoghurt, fruit and juice mixed)
- One small ice-cream tub, slice or cone

START THE DAY WITH BREAKFAST

Most of us skip meals at some time.

Skipping meals does not necessarily lead to a poor diet but it certainly can do so, particularly if it becomes a habit. We also miss out on the period of relaxation most of us like to enjoy at mealtime.

Breakfast is a meal often skipped by both children and adults.

The reasons frequently given are 'not enough time', 'rushing to work or school', 'slept in' or 'just don't feel hungry in the morning'.

No meal could be easier to prepare than breakfast and young children can soon learn to get their own breakfast and help to get breakfast for the family.

It is nice if we can sit down for 10 minutes to devote ourselves to enjoying the meal, but if this is too difficult, many simple breakfasts can be eaten 'on the wing'.

Here are a few simple ideas, but you will be able to add many more.

Sit Down Breakfast

- Fruit
- 'Ready-to-eat' packet cereal (try wholegrain) or Porridge
- Milk (try reduced fat)
- Toast (try wholemeal or mixed grain)
- Scraping butter, margarine or peanut butter
- Honey or jam (optional)
- Milk drink
- Fruit
- Egg (boiled, poached or scrambled)
- Toast
- Scraping butter or margarine
- Honey or jam
- Milk drink

- Wholemeal toast or muffins
- Scraping butter or margarine
- Cottage cheese
- Tomato quarters
- Milk drink
- Baked beans on toast
- Fruit juice or milk
- Overnight muesli (1 serving)
- Mix together and soak overnight
- ¼ cup rolled oats
- 1 tablespoon skim milk crystals
- 1 tablespoon chopped dried fruit
- ⅓ cup water
- Next morning add
- ¼ cup chopped fresh fruit
- Serve with a little sugar and low-fat yoghurt or milk

Breakfast 'On the Wing'

- Fruit
- Egg flip
- Hard-boiled egg
- Wholemeal bread
- Scraping butter or margarine
- Peanut butter sandwich
- Fruit
- Fruit smoothie
- Fruit and milk shake
- Breakfast biscuit
- Scraping butter, margarine or peanut butter
- Fruit
- Small carton milk or yoghurt
- Banana

Pizza with Wholemeal Pita Bread

1 packet pocket-size wholemeal pita bread
(6 per packet)

200g (7oz) Mozzarella cheese, grated or cut
into strips

4 tblspns tomato paste (try 'no added salt')

1 medium onion, sliced thinly

1 medium green capsicum (green pepper),
cut into strips

1 tspn dried oregano

ground black pepper, to taste

Place pocket breads on a greased tray. Spread pita bread thinly and evenly with tomato paste. Lay out rest of ingredients over pitas. Finish with a sprinkling of oregano and black pepper. Cook under the griller until cheese is melted and bubbly. The toppings can be varied.

Beef and Vegetable Burgers

500g (1lb) low-fat topside fine hamburger
mince (ground beef)

1 medium size carrot, scraped and grated

1 medium size potato, peeled and grated

1 cup fresh wholemeal breadcrumbs or
1/3 cup rolled oats

1/4 cup chopped parsley

1 tspn dried herbs (marjoram, basil, oregano
or mixed herbs) or

1 tblspn fresh herbs, chopped

1/4 tspn nutmeg

Place all ingredients in a mixing bowl and mix well. Form into 10–12 bowls. Allow meat balls to stand in the refrigerator for a half-hour or more. Flatten the meat balls before cooking. Cook in a heavy greased frying pan or on a greased metal platter under the griller. Cook for 5–6 minutes on each side. Serve on wholemeal bread rolls with salad and tomato sauce (optional).

Tabbouli (Wheat and Parsley Salad)

1 cup burghul (cracked wheat)

3 cups chopped parsley

1/4 lettuce, shredded

4 tomatoes, chopped

4 shallots (scallions), finely chopped

1/4 cup French dressing

Pour sufficient hot water over burghul to cover. Leave to soak for 20–30 minutes. Drain well and put in salad bowl. Mix with parsley, lettuce, tomatoes and shallots (scallions). Toss French dressing through and serve accompanied with a wedge of flatbread.

Waldorf Salad

3 red apples

juice of 1 lemon

3 stalks celery

1 cup walnut pieces

3 tblspns mayonnaise

Core and roughly chop apples (leave skin on). Squeeze lemon juice over to prevent browning. Toss to coat apples. Mix apples with celery and walnuts in large bowl. Add mayonnaise and mix to combine.

Souper Bowl

250g (1/2 lb) carrot, grated

250g (1/2 lb) zucchini (courgettes), grated

1 onion, thinly sliced

5 cups chicken stock

1 tspn dill

3 tblspns Parmesan cheese, grated

Place carrot, zucchini (courgettes), onion, stock and dill in a saucepan. Bring to the boil, then simmer for 10 minutes. Add half the cheese, season to taste. Serve with remaining cheese sprinkled on top and crusty bread.

Serves 6

Banana Smoothie

600ml (1 pint) milk

1 x 200g (1/3 pint) carton plain yoghurt

1 large or 2 small bananas

2 cups (1 tray) ice cubes

Place milk, yoghurt, peeled and roughly chopped bananas and ice cubes in food processor. Process until mixed and frothy. Pour into cups.

Serves 6

Baked Bananas

Allow for each serving:

1 large or 2 small, firm bananas

1 tspn butter or margarine

2 tspns brown sugar

1/4 tspn cinnamon

1 tblspn orange juice

1/4 tspn finely grated orange rind

Arrange bananas in a greased, oven-proof, covered dish. Sprinkle with the other ingredients. Cook in a medium oven until banana has softened, about 10–15 minutes. Serve hot with low-fat dessert topping or ice-cream.

Fruit and Nut Loaf

1 cup self-raising flour (use wholemeal or
half wholemeal, half white)

3/4 cup sugar

3/4 cup dried fruit (sultanas, raisins,
mixed dried fruit or chopped apricots,
prunes and apples)

1/4 cup chopped nuts (walnut, pecans,
almonds, peanuts or cashews)

1 cup unprocessed bran
or half bran, half wheat germ

1 cup skim milk or reduced fat milk

Mix all dry ingredients. Make a well in the centre of the mixture. Pour in milk. Mix well. Pour into a greased loaf tin. Bake in a moderate oven about 30–35 minutes or until browned and the mixture comes away from the side of the dish. Slice and serve plain or with cottage or ricotta cheese or a thin spread of butter or table margarine.

COMMON COOKING TERMS AND HANDY HINTS

Bain-marie A shallow pan of warm or simmering water in which another dish is placed, providing a gentle, smooth way of cooking or heating.

Baste To spoon liquid, stock, melted butter or fat over foods while cooking.

Beat To mix foods thoroughly with a spoon or whisk. A hand-held electric beater saves time and effort.

Blanch To plunge food into boiling water to partially or fully cook. Blanching also removes strong taste of onions or cabbage and removes the salty, smoky taste of bacon.

Blanched almonds Method of removing skins by dropping almonds into boiling water, then slipping skins off with the fingers while the almonds are still warm.

Blend To mix foods gently with a fork, spoon or spatula.

Boil There are slow, medium and fast boils. A very slow boil where the water is hardly moving is a simmer.

Breadcrumbs Make your own by using stale bread or bread you have hardened in a slow oven. Place the bread in an electric blender and keep the crumbs in an airtight jar.

Braise To brown food in fat or butter before cooking in a covered pot with a small amount of liquid.

Broil The word used in America for 'grill'.

Burns Soothe a minor burn by rubbing with the cut surface of a raw potato.

Coffee To sharpen the flavour of coffee, add a tiny pinch of salt as you pour boiling water over the ground coffee.

Cream To whip cream use a clean whisk or beater in a chilled bowl, preferably metal.

Croutons Small squares of stale bread tossed in butter or oil. Brown on both sides and use as a garnish for soups, etc.

Degreasing To remove extra fat from a soup, stew or sauce, chill the dish and remove fat when cold. If there is not enough time, let the liquid cool slightly, tip the pot and spoon off the fat. Absorbent paper can be used if necessary to soak up any remaining fat from the surface.

Dice To cut food into small cubes, approximately 3mm ($\frac{1}{8}$ in) square.

Fat When melting fat, add a little cold water.

Gratine To brown the top of a dish under a hot griller. Sprinkle breadcrumbs, grated cheese and dots of butter to form a nice brown crust.

Lemon juice Cut lemon in half, wrap in the corner of a tea-towel and squeeze out the juice without pips.

Meat To carve roasted or braised meat, allow to rest for around 15 minutes covered with foil. You'll find it easier to carve.

Marinate To place foods in a liquid so that they will absorb flavour or become more tender.

Mince To chop very finely.

Orange peel Usually only the coloured peel – the zest – is used because the white part is bitter. Use a vegetable peeler or small grater. Peel (including the white part) left to dry for several months loses its bitterness.

Puree To mash food to a thick paste, as with mashed potatoes or apple sauce.

Pepper Always grind freshly and add at the end of cooking for best taste.

Reduce To boil down a liquid, reducing it in quantity and strengthening its taste.

Saute To cook and brown food in a small quantity of hot fat or butter. Always make sure the fat is very hot, the food is dry and the pan is not overcrowded. If necessary, saute food in small batches.

Tomatoes To peel, seed and juice, drop tomatoes one at a time into boiling water for 10 seconds. Plunge immediately into cold water, then remove skin by hand. Cut in half and squeeze gently to seed and juice.

KNOW YOUR HERBS

Angelica Most often used as a candied stem for decorating puddings and cakes. Use fresh with rhubarb and jams.

Basil A natural with tomatoes in a salad, as well as with eggplant (aubergine), zucchini (courgettes) and marrow. Pesto, a combination of basil and pine nuts, is one of the world's great tastes.

Bay These leaves and twigs are used in fish stocks, broths, stews, sauces and marinades. Keep a supply of dried leaves, but throw them out after a year or so as they do eventually lose their flavour.

Bouquet garni Usually a few sprigs of parsley, thyme and a bay leaf tied with cotton. Also available in sachets from your supermarket or delicatessen. Used in soups and stews and discarded after cooking.

Chervil This herb has a delicate flavour of aniseed and should be used generously. Use in salads, with eggs, with steaks or fish.

Chives Finer than onions, chives are used in omelettes, with tomatoes and, together with cream, on baked potatoes.

Coriander Adds a superb flavour to meatballs and lamb stews, and features often in Chinese and Thai dishes. Essential in many curry recipes.

Dill Use with boiled or mashed potatoes and with any kind of white fish. Freezes well in a plastic bag.

Fennel The aniseed flavour of fennel goes well with most seafood. Also delicious with beans, pork or lamb.

Fines Herbes Chopped mixture of parsley, chervil, chives and sometimes tarragon. Used for flavouring delicate dishes such as eggs and poached fish.

Lovage Use sparingly in stocks and soups with a meaty flavour.

Marjoram Fresh leaves are used in a salad or on lamb kebabs, with tomatoes in stews or casseroles, or with lamb, chicken or game.

Mint Best known as an accompaniment to lamb. Use also with new potatoes, garden peas, fresh orange desserts and grilled shellfish.

Oregano Dried leaves add to the flavour of fish and roasts, as well as featuring in pizzas and spaghetti sauce. Sensational with mozzarella and tomatoes.

Parsley Flat-leafed parsley is tastier than the curled variety, but any form of this popular herb will enliven most dishes. Easy to grow in your herb garden or on the window-sill.

Rosemary Use with veal, lamb, pork or rabbit, or in the butter when you fry onions or potatoes.

Sage Use in stuffings for roast pork, goose, pork pies and sausages.

Tarragon Delightful summer herb that enhances the flavour of all egg dishes, chicken, ham, green salads, cold salmon and trout.

Thyme An attractive element in any long-simmered and red-wine dish. Use, together with tomatoes, in rabbit, chicken and veal dishes.

MARINADES

A marinade is a seasoned liquid in which foods (mainly meat and fish) are steeped. This seasons the food by impregnating it with the flavours of the herbs and spices used. The length of time the food should be left in the marinade depends on its size and texture.

In winter, large cuts of meat can be marinated for five or six days. In summer, they should be marinated for no longer than 24 hours or, if they are placed in the refrigerator, allow 48 hours.

Marinating softens the fibres of some kinds of meat and enables it to keep longer.

Wine Marinade

This marinade is suitable for any meat. When marinating red meats, use red wine. Use whites for white meats.

1 cup wine

4 tblspns olive oil

4 parsley sprigs

2 thyme sprigs or ½ tspn of dried thyme

1 tblspn brandy

1 tspn peppercorns

1 bay leaf

3 whole cloves

1 onion, sliced

1 carrot, sliced

2 garlic cloves, peeled and cut in half

Place the meat in a glass or enamel container. Add all other ingredients, cover and chill several hours or overnight. Sufficient for 1–1.5kg (2–3lb) of meat.

Note: For large joints to be roasted or pot roasted, increase wine by 2 cups. It is preferable to use olive oil for marinades because of its fruity flavour.

Lamb or Beef

1 cup red wine

¼ cup wine vinegar

2 tblspns olive oil

12 bay leaves

Combine ingredients in a bowl and add the meat. Turn in the marinade from time to time. Sufficient for 1–1.5kg (2–3lb) of meat.

Lamb or Pork

½ cup olive oil

2 tblspns lemon juice

freshly ground black pepper and rock salt

2 garlic cloves, peeled and cut in half

1 bay leaf

1 sprig of rosemary (optional)

Mix ingredients together in a bowl and add the meat. Cover the bowl. Turn the meat 3 or 4 times during its marination period.

Note: This marinade is also suitable for lamb kebabs. Leg steaks 2.5cm (1 in) thick cut into cubes are marinated for several hours. Thread the meat on to skewers and grill for 10–12 minutes, turning and basting with the marinade as they cook.

Veal

¼ cup brandy

¼ cup port

2 tblspns olive oil

1 small carrot, sliced

1 small onion, sliced

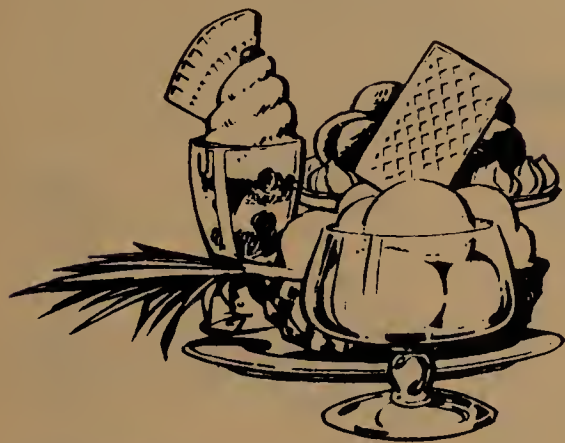
bouquet garni

Combine ingredients for marinade in a bowl. Add the meat and turn in the marinade from time to time. Sufficient for 1 kg (2lb) of meat.

TEMPERATURE AND MEASUREMENT EQUIVALENTS

OVEN TEMPERATURES

	Fahrenheit	Celsius
Very slow	250°	120°
Slow	275–300°	140–150°
Moderately slow	325°	160°
Moderate	350°	180°
Moderately hot	375°	190°
Hot	400–450°	200–230°
Very hot	475–500°	250–260°



CUP AND SPOON MEASURES

Measures given in our recipes refer to the standard metric cup and spoon sets approved by the Standards Association of Australia.

A basic metric cup set consists of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.

The basic spoon set comprises 1 tablespoon, 1 teaspoon, ½ teaspoon and ¼ teaspoon. These sets are available at leading department, kitchen and hardware stores.



FREEZING GUIDE

Store manufactured frozen foods following the instructions on the packages. Most frozen foods should be thawed before cooking and serving.

HOW TO FREEZE

Cakes and desserts	Seal in plastic wrap or foil. Before serving, place on a wire cake rack and thaw out completely.
Fruit and vegetables	Blanch, refresh in cold water, drain thoroughly on absorbent paper and place in airtight containers or freezer bags. Thaw before cooking.
Fish	Clean and scale fish, seal in plastic wrap, foil or freezer bags. Thaw before cooking.
Poultry	Seal completely. Must be thoroughly thawed before cooking.
Meat	Prepare meat for pies and casseroles before freezing. All meat should be placed in airtight containers or freezer bags. Thaw before cooking.

FOOD STORAGE GUIDE

For storage purposes, foods are divided into four categories: non-perishable, perishable, highly perishable and frozen.

- Non-perishable products may last for 12 months or more without deterioration, if stored correctly.
 - Perishable foods, when stored correctly, will keep for some time, usually up to 90 days.
 - Highly perishable foods should be consumed within two to five days of purchase.
 - Frozen products should keep for one to six months depending on the type of food and the temperature maintained in the freezer.
- For the best results when freezing or refrigerating foods, follow your refrigerator or freezer manufacturer's guidelines for food storage.

NON-PERISHABLE FOODS

Canned foods	Store in a cool, dry place. Can be refrigerated, although cans might become rusty if left for long periods.
Bottled foods	Store in a cold, dark place.
Cereal products such as flour, spaghetti, salt, sugar, spices, dried beans, and so on	Store in clean, dry, airtight containers.

PERISHABLE FOODS

Bacon	Wrap loosely and store in refrigerator.
Butter and margarine	Refrigerate in sealable containers as these foods absorb other flavours.
Cakes and biscuits	Store separately in clean, airtight containers.
Cheese	Wrap loosely and store in refrigerator.
Coffee	When ground, place in an airtight container and store in the refrigerator.
Eggs	Store carton in refrigerator.
Breakfast cereals	Place in clean, airtight containers or tightly reseal packet.
Tea	Store in an airtight container.
Onions and potatoes	Store in a cool, dark, well-ventilated area.
Root vegetables, pumpkin, pears, apples, oranges	Keep in covered container in the refrigerator or store in a cool, dark place.

HIGHLY PERISHABLE FOODS

Meat and fresh poultry	Loosely cover with greaseproof paper and place in the meat compartment or the coldest part of the refrigerator.
Fresh fish	Place scaled and cleaned fish in an airtight container and refrigerate for one to two days. Fish may be stored for longer periods in the freezer.
Soft fruits (except bananas) and salad vegetables	May be stored in the refrigerator. Melons, strawberries and pineapple should be placed in sealed containers to prevent their flavours penetrating other foods.
Milk and cream	Wipe containers before placing in the refrigerator.
Bread	Leave in plastic wrapper or store in breadbin which must be cleaned and aired frequently. Bread may also be stored in the freezer and slices taken out as needed.

IMPERIAL/METRIC CONVERSION CHART

MASS (WEIGHT)

(Approximate conversions for cookery purposes.)

Imperial	Metric	Imperial	Metric
½ oz	15 g	10 oz	315 g
1 oz	30 g	11 oz	345 g
2 oz	60 g	12 oz (¾ lb)	375 g
3 oz	90 g	13 oz	410 g
4 oz (¼ lb)	125 g	14 oz	440 g
5 oz	155 g	15 oz	470 g
6 oz	185 g	16 oz (1 lb)	500 g (0.5 kg)
7 oz	220 g	24 oz (1½ lb)	750 g
8 oz (½ lb)	250 g	32 oz (2 lb)	1000 g (1 kg)
9 oz	280 g	3 lb	1500 g (1.5 kg)

METRIC CUP AND SPOON SIZES

Cup	Spoon
¼ cup = 60 ml	¼ teaspoon = 1.25 ml
⅓ cup = 80 ml	½ teaspoon = 2.5 ml
½ cup = 125 ml	1 teaspoon = 5 ml
1 cup = 250 ml	1 tablespoon = 20 ml

LIQUIDS

Imperial	Cup*	Metric
1 fl oz		30 ml
2 fl oz	¼ cup	60 ml
3 fl oz		100 ml
4 fl oz	½ cup	125 ml

LIQUIDS (cont'd)

Imperial	Cup*	Metric
5 fl oz (¼ pint)		150 ml
6 fl oz	¾ cup	200 ml
8 fl oz	1 cup	250 ml
10 fl oz (½ pint)	1¼ cups	300 ml
12 fl oz	1½ cups	375 ml
14 fl oz	1¾ cups	425 ml
15 fl oz		475 ml
16 fl oz	2 cups	500 ml
20 fl oz (1 pint)	2½ cups	600 ml

* Cup measures are the same in Imperial and Metric.

LENGTH

Inches	Centimetres	Inches	Centimetres
¼	0.5	7	18
½	1	8	20
¾	2	9	23
1	2.5	10	25
1½	4	12	30
2	5	14	35
2½	6	16	40
3	8	18	45
4	10	20	50
6	15		

NB: 1 cm = 10 mm.

Mince and Brussels Sprouts Casserole

1 small onion, chopped

½ cup rice

500g (1 lb) minced (ground) beef

salt and pepper

2 cups cooked brussels sprouts

1 cup yoghurt

2 tblspns breadcrumbs

1 Sauté onion in a large saucepan. Add rice, beef, salt and pepper to taste and a little water. Cover and simmer until meat is tender.

2 In a buttered casserole dish, place layers of meat and brussels sprouts, beginning with meat and finishing with sprouts. Pour yoghurt on top, sprinkle with breadcrumbs and bake in a moderate oven (180°C) for 30 minutes. Serve with potatoes baked in their jackets.

Serves 4

Cooked Meat Pasties

2 cups plain flour

1 cup self-raising flour

¼ tspn salt

pinch pepper

185g (6oz) butter or fat

2–3 tblspns water

220g (7oz) cooked meat (luncheon meat, lamb or beef)

2–3 cups cooked vegetables (peas, beans, carrots or potatoes)

1 small onion, chopped finely

salt and pepper

butter, gravy or pan drippings

milk for glazing

1 Sift the flours, salt and pepper together. Rub the butter or fat into the flour with fingertips and add enough water to form a stiff dough. Chill for 15–30 minutes, then roll out thinly and cut into four 18cm (7in) circles.

2 Cut the meat and vegetables into small dice and finely chop the onion. Place a quarter of meat and vegetables in the centre of each pastry circle. Season with salt and pepper and dot with a little butter, gravy or pan drippings.

3 Dampen the edges of the pastry and pinch them tightly together, folding the edge over to seal the pastry and give a crinkled effect. Brush with a little milk and bake the pasties in a very hot oven (220°C) for 25–30 minutes.

Makes 4 pasties

Hot Porkies

500g (1 lb) large pork sausages

125g (4oz) cheddar cheese

500g (1 lb) hot mashed potatoes

1 Grill or fry sausages and cool slightly. Split open lengthwise with sharp knife.

2 Grate cheese and mix with mashed potatoes. Fill a forcing bag with potato mixture and use to pipe mixture into split sausages. Place under a hot grill and cook them until golden brown. Serve hot with mustard.

Serves 4

Farmhouse Potato Bake

1 kg (2 lb) potatoes

30g (1 oz) butter

1 onion, sliced

250g (8oz) Hungarian-style sausage, sliced

1 cup plain yoghurt

salt

freshly ground black pepper

pinch dried oregano

paprika

extra 15g (½ oz) butter

2 tblspns fresh breadcrumbs

1 Peel potatoes and cut into 1.5cm (½in) slices. Cook in boiling water for 10 minutes and drain.

2 Melt butter and fry onion and sliced sausage until onion is transparent. Season yoghurt with salt, pepper and oregano.

3 In a greased, ovenproof dish, arrange alternate layers of potato, onion and sausage, spooning yoghurt between each layer. Sprinkle top with paprika.

4 Melt extra butter and stir in breadcrumbs. Spoon over the potato mixture. Bake in a moderate oven (180°C) for 30 minutes.

Serves 6

Croquettes

30g (1 oz) butter

2 tblspns plain flour

1 cup milk

2 cups chopped chicken or ham

1 tblspn chopped parsley

salt and pepper

pinch nutmeg

1 egg yolk

extra 1 egg, beaten

fine breadcrumbs

1 Melt butter in a heavy-based saucepan. Stir in flour and cook for 1 minute. Add milk, stirring until well blended and thick. Add chicken or ham, parsley, salt, pepper and nutmeg and cook for a few minutes. Remove from heat and add egg yolk.

2 Spread mixture in a greased tin, cover with plastic wrap to avoid a crust forming, and chill thoroughly.

3 Form into croquette shapes, about 5cm (2in) long, dip in beaten egg and breadcrumbs and return to refrigerator for at least 1 hour.

4 Deep fry in oil for 2–4 minutes until golden brown. Drain on absorbent paper and serve garnished with parsley.

5 Substitute 1 cup of mashed potatoes for the white sauce, if desired.

Makes 12 croquettes





Madrid Stew

250g (8oz) dried chick peas

750g (1½ lb) chuck or stewing steak,
cut into cubes

2 marrow bones, cut into 5cm (2in) pieces

90g (3oz) bacon, rind removed and chopped

6 cups beef stock

12 cocktail potatoes

3 carrots, sliced

3 leeks, washed and sliced

2 onions, sliced

200g (7oz) chorizo sausage, sliced

salt and pepper

1 Soak chick peas overnight in plenty of water.

2 Place meat, marrow bones, bacon and stock in a large saucepan and bring to the boil. Take the scum from the top and add drained chick peas. Simmer gently for 5 minutes. Add potatoes and simmer for a further 10 minutes.

3 Add prepared vegetables and sausage to the saucepan. Cover and bring to the boil, then lower the heat and simmer for 45 minutes or until meat is tender. Season to taste with salt and pepper.

Serves 6

Aberdeen Sausage

250g (8oz) bacon pieces, rinds removed

500g (1lb) minced beef

1 cup fresh breadcrumbs

2 tspns Worcestershire sauce

1 tblspn chopped parsley

grated rind of ½ lemon

salt and pepper

1 egg

dry breadcrumbs

Madrid Stew

1 Chop bacon finely and combine with the mince, breadcrumbs, Worcestershire sauce, parsley and lemon rind, seasoning to taste with salt and pepper. Add egg and mix well.

2 Pack mixture into a greased pudding basin or nut roll tin. If using a pudding basin, wrap in greaseproof paper and tie firmly with string. Gently steam sausage for 2 hours.

3 Remove paper or lid and cool. Chill in refrigerator, preferably overnight. Fifteen minutes before serving, carefully remove sausage from mould and roll in dry breadcrumbs. Serve sliced with salads or use in sandwiches.

Serves 6

Sausages with Sauerkraut

440g (14oz) can sauerkraut

60g (2oz) butter

salt and pepper

pinch caraway seeds (optional)

1kg (2lb) knackwurst or continental sausages

1 Drain sauerkraut in a colander and wash well in cold water to remove brine. Toss with a fork to separate and drain well. Heat butter in a saucepan, then add sauerkraut and 1 tablespoon water. Cover and cook gently until heated through, about 5 minutes. Season with salt and pepper to taste and add caraway seeds, if desired.

2 Meanwhile, put knackwurst or continental sausages into a saucepan, cover with cold water and bring to boil. Remove from heat, cover with a lid and let stand for 5 minutes. Drain and cut into thick diagonal slices.

3 Pile sauerkraut on a serving dish, top with sausage slices and serve with mustard, dill pickles and crusty bread.

Serves 6

Meatballs with Tomato and Garlic Sauce

MEATBALLS

1 kg (2 lb) mince steak

1 large onion, grated

2 cups fresh breadcrumbs

125 g (4 oz) parmesan cheese, grated

2 eggs, lightly beaten

½ tspn salt

freshly ground black pepper

flour

oil

TOMATO AND GARLIC SAUCE

440 g (14 oz) can peeled tomatoes, drained

2 cloves garlic

1 tspn brown sugar

juice and grated rind of 1 medium lemon

1 Place all ingredients, except flour and oil, in a large bowl; mix lightly and evenly. Roll into walnut-sized balls and place close together in one layer on baking trays. Cover with aluminium foil and chill for at least 1 hour or up to 24 hours.

2 When needed, roll in flour and fry in about 1 cm (½ in) of hot oil until well browned all over. Remove the meatballs with a slotted spoon and drain on absorbent paper. Arrange meatballs on a serving platter and garnish with chopped parsley.

3 Place all the sauce ingredients in a food processor and process until almost smooth. If you haven't a processor, chop tomatoes finely, crush garlic and mix with other ingredients.

4 Pour mixture into a small saucepan; bring to the boil and simmer, uncovered, for 5 minutes. Serve sauce separately, hot, or at room temperature. Have toothpicks available for dipping meatballs.

Makes about 30

Satay Pork

500 g (1 lb) pork fillet

SATAY SAUCE

1 chilli, halved, seeded and finely chopped

1 onion, chopped

1 tblspn grated fresh ginger

3 tblspns lemon juice

3 tblspns teriyaki sauce

⅔ cup water

1 cup crunchy peanut butter or paste

1 Soak 15 bamboo skewers in hot water for 30 minutes. Cut pork into 2.5 cm (1 in) cubes and thread on skewers.

2 Mix all sauce ingredients together. Coat pork skewers with sauce and leave for 2 hours at room temperature or, for more flavour, refrigerate overnight.

3 Remove pork skewers from sauce and cook over moderate heat for 4–5 minutes on each side, brushing several times with sauce. Place remaining sauce in a separate bowl and serve with pork skewers.

Makes 15 skewers

Ham and Cheese Souffle

30 g (1 oz) butter

2 tblspns plain flour

1 cup milk

salt and pepper

¼ tspn dry mustard

60 g (2 oz) grated cheese

125 g (4 oz) chopped ham

4 eggs, separated

1 In a large saucepan melt the butter and stir in the flour. Cook gently for 1 minute, but do not allow to brown. Gradually stir in all the milk, beating well to make a smooth sauce.



2 Bring to the boil – the mixture at this stage will be very thick. Season to taste with salt and pepper and stir in the mustard and cheese.

3 When the cheese has melted and is blended, take the pan off the heat and add the ham. Cool until your hand can be held comfortably against the side of the saucepan before adding the eggs. Beat in egg yolks one at a time, then whisk the whites until stiff and gently fold into the mixture.

4 Pour into a 15–18 cm (6–7 in) greased souffle dish, then place in the centre of a moderate oven (180°C) for 35–40 minutes. Serve as soon as it is cooked.

Serves 4

Veal Casserole

750 g (1½ lb) stewing veal

30 g (1 oz) plain flour

salt and pepper

oil or butter

8 small pickling onions, peeled

300 ml (½ pint) beef stock

300 ml (½ pint) milk

8 small carrots, peeled

2 sticks celery, sliced

125 g (4 oz) small button mushrooms

bouquet garni

chopped parsley

1 Chop veal into 2.5 cm (1 in) cubes. Mix flour with a little salt and pepper. Roll veal in the seasoned flour. Heat oil or butter in a large pan. Add the meat and onions and cook for a few minutes, turning until well coated.

2 Stir in the stock and milk gradually and bring to the boil, stirring well until slightly thickened. Add carrots, celery, mushrooms, bouquet garni and season to taste with salt and pepper.

3 Cover with a well-fitting lid and simmer for 2¼ hours. Before serving, remove the bouquet garni and sprinkle top of casserole with chopped parsley.

Serves 4

Meatball Surprises

250 g (½ lb) small button mushrooms

10 quail eggs

90 g (3 oz) ham

bunch parsley

500 g (1 lb) pork and veal mince

1 tspn ground allspice

salt

freshly ground black pepper

1½ cups dry breadcrumbs

oil for deep frying

cranberry jelly, optional

1 Clean mushrooms and cut off tips of stalks; set aside. Place quail eggs in a small saucepan of water; bring to the boil and boil for 3 minutes. Run under cold water, then remove shells; set aside.

2 Finely chop ham and parsley, or mince together in a food processor. Gradually add pork and veal mince and allspice, seasoning to taste with salt and pepper; mix thoroughly.

3 Using wet hands, surround each mushroom and each quail egg with mince mixture, pressing on lightly. Coat balls with breadcrumbs.

4 Heat oil in a deep-fryer; fry balls for 4–6 minutes until brown and crispy. Drain on absorbent paper. Allow to cool, then place in an airtight container or wrap in aluminium foil. Serve with cranberry jelly, if desired.

Makes about 40

Bacon Muffins

2 rashers bacon, rinds removed

2 cups plain flour

¼ cup sugar

3 tspns baking powder

1 cup milk

¼ cup melted butter

1 egg, beaten lightly

1 Grill or fry the bacon and chop roughly. Grease deep patty tins. Set oven temperature at hot (200°C). Sift together flour, sugar and baking powder and add chopped bacon. Mix milk, melted butter and egg together with a fork.

2 Make a well in centre of flour. Add milk mixture and stir quickly with a fork, just until dry ingredients are moistened. Do not beat, the batter should be lumpy. Pour enough batter into each patty tin until slightly more than half full. Bake for 20–25 minutes or until golden brown. Serve hot.

You can vary this recipe by adding ½ cup grated cheddar cheese and ¼ teaspoon cayenne pepper, instead of bacon, to dry ingredients.

Makes 1 dozen

Savoury Upside-Down Pie

750 g (1½ lb) minced chicken

1 tspn salt

½ tspn freshly ground black pepper

3 egg yolks

1 cup creamed corn

1 tblspn butter or margarine

1 onion, finely chopped

1 green capsicum (green pepper), seeded and finely chopped

1 tblspn chopped fresh parsley

1 tblspn chopped fresh mint

6 rashers bacon, rinds removed

1 sheet frozen ready-rolled puff pastry, thawed

1 Place minced chicken, salt, pepper, egg yolks and corn in a mixing bowl and set aside.

2 Melt butter or margarine in a heavy-based saucepan; add onion and capsicum and fry over moderate heat until onion has softened, about 5 minutes. Add onion mixture and fresh herbs to minced chicken and mix until well combined.

Savoury Upside-Down Pie (top) and Meatball Surprises (right).





3 Line base and sides of a 20cm (8 in) round cake tin with rashers of bacon. Spoon chicken mixture into tin; press down firmly and smooth top level. Place sheet of pastry over top and trim edges. Prick pastry with a fork.

4 Bake in a very hot oven (220°C) for 15 minutes, then lower temperature to hot (200°C) and bake for a further 30 minutes or until pie is set and pastry is golden brown.

Serves 8

Sweet and Sour Pork

500g (1lb) belly pork, rind removed

2 tspns sugar

1 tspn soy sauce

SAUCE

1 small green capsicum (green pepper) or
½ cup Chinese pickles

1 onion

¼ cup vinegar

2 tspns brown sugar

salt

2 tblspns tomato sauce (catsup)

2 tspns cornflour

1 cup chicken stock or water

1 tblspn oil

2 slices fresh ginger, chopped finely

1 clove garlic, crushed

TO COOK

1 egg

½ cup cornflour

oil for frying

1 Cut pork into 2.5 cm (1 in) cubes. Place in a bowl with sugar and soy sauce. Toss well and leave for 5 minutes. Meanwhile, make the sauce.

2 Cut the capsicum or Chinese pickles and onion into 2.5 cm (1 in) squares. Combine vinegar, brown sugar, salt, tomato sauce (catsup), cornflour and stock or water in a bowl. Heat oil, add ginger, garlic and prepared vegetables. Saute lightly. Stir in vinegar mixture and bring to the boil. Keep hot while frying pork.

3 Break egg into pork and, with your fingers, toss the egg and pork together. Place cornflour on a sheet of greaseproof paper and toss pork cubes in flour until well coated.

4 Fry pork in enough hot oil to cover until crisp and golden. Drain on absorbent paper. Reheat oil, add pork and cook a further minute. Place on serving dish and pour hot sauce over. Garnish with chopped shallots. The sauce for this dish is also delicious when poured over crisp, fried chicken or fish, and can be varied with chopped pineapple, bamboo shoots, carrots or water chestnuts.

Serves 4

Fidget Pie

500g (1lb) shoulder pork

1 tblspn oil or fat

2 medium onions, peeled and chopped

salt and pepper

pinch ground sage, optional

1 tblspn water

2 sheets ready-rolled shortcrust pastry

4 cooking apples, peeled, cored and sliced

1 tblspn chopped parsley

egg or milk for glazing

1 Cut pork into 5 mm (¼ in) pieces and fry gently in oil or fat until lightly browned. Add onions, salt, pepper, sage (if used) and water to pan. Cover and simmer for 20 minutes.

2 Line an 18–20 cm (7–8 in) sandwich tin or springform mould with sheet of pastry and fill with alternate layers of pork, apples and parsley. Cover with remaining sheet of pastry and decorate with pastry trimmings. Make a hole in the centre to allow steam to escape and glaze with egg or milk.

3 Bake in a very hot oven (220°C) for 20 minutes, then reduce temperature to moderate (180°C) and bake for a further 30 minutes. This pie can be eaten either hot or cold.

Serves 6





Lychee Soup

440g (14oz) can prawn bisque soup

½ cup water

½ cup cream

1 tblspn grated fresh root ginger

¼ cup slivered almonds

560g (18oz) can lychees, drained and halved

juice of ½ lemon

salt and pepper

1 shallot, thinly sliced diagonally

1 Pour prawn soup, water and cream into a saucepan, stirring until well combined; cook over low heat until heated through.

2 Add the remaining ingredients (except the shallot), seasoning to taste with salt and pepper. Heat through and serve garnished with shallot strips.

Serves 4



Stir-Fried Beef and Vegetables

SAUCE

1 tspn sugar

2 tspns dry sherry

2 tspns soy sauce

2 tspns water

½ tspn grated fresh root ginger

2 tspns cornflour

TO STIR-FRY

500g (1lb) rump steak slices, about 5mm (¼ in) thick

1 tblspn oil

375g (12oz) packet frozen stir-fry vegetables

1 Place all ingredients in a small bowl and mix well until combined; set aside.

2 Cut steak slices into fine strips. Heat oil in a wok or frying pan; add meat and cook over high heat, tossing constantly, until browned, about 2–3 minutes.

3 Add frozen vegetables to wok or pan and fry, stirring constantly, until vegetables are heated through, about 2 minutes.

4 Stir in the sauce and cook for 2 minutes or until sauce has thickened. Serve immediately with noodles or boiled rice, if desired.

Serves 4

Chinese Barbecued Chicken

1 barbecued chicken

SAUCE

2 tblspns oil

1 clove garlic, crushed

6 shallots, sliced diagonally

2 green capsicums (green peppers), seeded and cut into chunks

½ cup salted peanuts

2 tblspns bottled hei sin sauce

½ cup chicken stock

1 Cut chicken into serving-sized pieces; place in a casserole or ovenproof dish.

2 Heat oil in a heavy-based frying pan. Add garlic, shallots and capsicum and fry over moderate heat until vegetables have softened slightly, about 2 minutes.

3 Add peanuts and fry for a further 2–3 minutes, or until peanuts are lightly browned. Stir in hoi sin sauce and chicken stock; bring mixture to the boil.

4 Remove pan from heat and pour sauce over chicken pieces. Bake, without a lid, in a moderate oven (180°C) for 20 minutes, or until chicken is heated through.

Serves 4

A Chinese feast: Chinese Barbecued Chicken (left), Lychee Soup (top) and Stir-Fried Beef and Vegetables (front).

Veal Cutlets with Capsicum

3 tbsps oil

8 veal cutlets

1 medium green capsicum (green pepper), seeded and sliced

SAUCE

2 tspns flour

½ cup water

1 tbspn tomato paste

1 chicken stock cube

salt

1 tbspn natural yoghurt

1 Heat oil in large frying pan. Fry cutlets over high heat for 2 minutes on each side, or until cooked. Remove from pan and keep warm.

2 Add capsicum slices to pan and cook for 1–2 minutes, stirring constantly. Remove and keep warm with veal.

3 Add flour and water to pan, stirring up crusty bits from base. Mix in tomato paste, stock cube and salt to taste; bring to the boil and stir well. Cover pan and simmer for 6 minutes. Slowly add yoghurt and mix through.

4 Place cutlets and capsicum slices on a serving dish and pour the sauce over. Serve with Honey-Glazed Carrots (recipe follows), if desired.

Serves 4

Honey-Glazed Carrots

315g (10oz) can baby carrots, liquid reserved

¼ cup honey

1 tbspn chopped mint

1 Heat carrots, with liquid, in a saucepan over high heat. When hot, drain thoroughly.

2 Return to pan and add honey and mint. Cook over low heat for a few minutes, tossing constantly, until heated through.

Serves 4

Piquant Sausages with Cottage Mash

1 large onion, sliced

1 tbspn butter or fat

750g (1½ lb) pork sausages

1 tbspn plain flour

salt and pepper

1 cooking apple, peeled, cored and sliced

1 cup cider

COTTAGE MASH

30g (1oz) butter

750g (1½ lb) hot mashed potatoes

90g (3oz) cheddar cheese

4 small tomatoes, halved

1 Fry onion in melted butter or fat until just soft. Remove onion from pan and put to one side. Roll sausages until well coated in flour seasoned with salt and pepper. Fry them in fat in pan, turning until golden brown.

2 Pour excess fat from pan. Add apple to pan with cider and cooked onions. Cover pan and simmer for 20–30 minutes or until apple is cooked through. Turn onto a hot serving dish.

3 To make cottage mash, beat butter into hot, mashed potatoes. Turn into a shallow ovenproof dish and scrape top with a fork. Grate cheese and sprinkle on top. Arrange halved tomatoes around the edge. Place under a hot grill until top is golden brown and tomatoes are hot.

Serves 4–6



Veal Cutlets with Capsicum and Honey-Glazed Carrots (top) and Veal Steaks Supreme (right).



Veal Steaks Supreme

8 veal escalopes, pounded thinly

315 g (10 oz) can Tomato Supreme (see note)

2 tspns dried basil or oregano leaves

8 slices ham

8 slices mozzarella cheese

1 Preheat grill to hot. Place veal slices under grill and cook for 2 minutes on each side until brown and almost cooked through.

2 Spread slices of veal with a couple of tablespoons of Tomato Supreme, then sprinkle with basil or oregano. Top each escalope with a slice of ham and a slice of cheese.

3 Place under grill and cook a further 2 minutes or until cheese is bubbly. Serve immediately, garnished with sprigs of rosemary, if desired.

Note. If Tomato Supreme isn't available, use 1 cup tomato puree mixed with 1 small finely chopped cooked onion and ½ chopped and cooked capsicum (green pepper).

Serves 4



Tijuana Beef

1 kg (2 lb) chuck or blade steak

2 tblspns butter or margarine

1 onion, chopped

250 g (½ lb) ham, chopped

185 g (6 oz) mushrooms, sliced

1 cup beef stock

¼ cup tomato sauce

1 kg (2 lb) packet frozen, chunky, homestyle vegetables, thawed

salt and pepper

1 Remove excess fat or sinew from steak and cut into 2½ cm (1 in) cubes. Melt butter or margarine in a large, heavy-based saucepan. Add meat and fry over high heat, tossing constantly until well browned, about 6–8 minutes (you may need to do this in batches). Remove meat from pan. Drain on absorbent paper.

2 Lower heat to moderate. Add onion, ham and mushrooms to pan and fry until onion has softened slightly, about 5 minutes.

3 Add beef stock and tomato sauce. Return meat to pan. Bring to boil then lower heat. Cover pan and simmer gently for 1½ hours, or until meat is almost tender. Add vegetables to pan, seasoning to taste with salt and pepper. Cover pan and simmer for a further 20 minutes.

Serves 6

Pork in Milk

1.25 kg (2½ lb) leg of pork, rind removed

salt and pepper

1 clove garlic

1 tblspn butter

2 onions, chopped finely

2 carrots, sliced

900 ml (1½ pints) boiling milk

1 bay leaf

sprig rosemary

1 Rub pork with salt and pepper and insert small slivers of garlic. Melt butter in an ovenproof casserole dish and brown pork evenly.

2 Add onion and carrot and let them colour with the meat. Cover with boiling milk to about 1.5 cm (½ in) above the surface of the meat. Add bay leaf and rosemary.

3 Lower the heat and cook gently with the lid off for 1 hour. The milk will form a brown skin clinging to the sides of the pan. Break the skin, turn the meat and cook it for another hour, by which time the sauce should be reduced to about 1 cup.

4 If the sauce is too thin, mix 1 teaspoon plain flour and 1 tablespoon butter together with a little liquid from the casserole and stir the mixture back into the sauce, taking care that it does not boil. Cook a further 5 minutes or until thickened.

Serves 6

Pork Steaks with Apple and Honey Sauce

1/3 cup prunes

1/3 cup dried apricots

4 pork butterfly steaks

seasoned flour

1 tblspn oil

2 tspns butter or margarine

extra 1 tblspn butter or margarine

1 red apple, cored and sliced

1 green apple, cored and sliced

APPLE AND HONEY SAUCE

1 tblspn butter or margarine

1 tblspn plain flour

1/2 cup cream

1/4 cup cooked and sieved green apple

1/4 cup milk

2 tspns flaked almonds, toasted

1 Soak prunes and apricots in hot water, to cover, for 1 hour; drain.

2 Lightly dust steaks with seasoned flour. Heat oil and butter or margarine in a heavy-based frying pan; add steaks and fry until golden, about 5 minutes each side. Remove from pan and keep warm.

3 Add extra butter or margarine to pan with apples. Toss gently over moderate heat until apples are golden, about 3 minutes.

4 For Apple and Honey Sauce, melt butter or margarine in a small saucepan; add flour and cook for 3 minutes, stirring constantly. Remove from heat and gradually add combined cream, apple and milk. Cook, stirring constantly, until sauce boils and thickens, about 3 minutes. Add honey and a pinch of cinnamon.

5 Place pork on a serving platter and surround with fruit. Spoon sauce over pork and garnish with flaked almonds.

Serves 4

Lancashire Hotpot

1 lamb kidney

1 kg (2 lb) lamb neck chops

1-2 tblspns seasoned flour

60 (2 oz) butter or fat

750 g (1 1/2 lb) potatoes

2 medium carrots

2 medium onions

1-2 sticks celery

pinch dried, mixed herbs

pinch each salt and pepper

425 ml (1 3/4 cups) beef stock or water plus stock cubes

1 Remove skin from the kidney; cut in half and snip out the core. Cut into 8 pieces. Discard any excess fat gristle and bone from chops and cut meat into cubes. Roll kidney and meat in seasoned flour and brown lightly in hot butter or fat.

2 Peel and slice potatoes, reserving about half of the neatest slices for top. Arrange the remainder in the bottom of a 2.5-litre (5-pint) casserole. Peel and slice carrots and onions. Wash, trim and slice celery. Toss the vegetables with herbs, salt and pepper.

3 Arrange alternate layers of vegetables and meat over the potato slices in the casserole, ending with reserved remaining potato slices. Pour in the beef stock. Cover with baking paper and lid.

4 Cook in a moderate oven (180°C) for 1 1/2 hours. Remove the lid and paper. Brush potatoes with a little extra fat.

5 Cook for a further 30 minutes without the lid or until the potatoes are crisp and brown.

Serves 4

Pork Steaks with Apple and Honey Sauce





Rack of Lamb

2 racks of lamb, 3 cutlets each

1 clove garlic, cut into slivers

oil

dried oregano

rock salt

1 Cover tops of each cutlet with a little aluminium foil to prevent bones from burning during cooking. Make several small slits in the fat side of the meat.

2 Insert a sliver of garlic into each of the slits.

3 Brush the fat all over with the oil, then sprinkle with oregano and rock salt.

4 Place lamb on a rack in a baking dish and cook in a hot oven (200°C) for 20 minutes. Lower the temperature to moderate (180°C) and cook for a further 25 minutes, or until juices run clear when lamb is pierced with a skewer. Serve with steamed snow peas (mangetout) and cherry tomatoes, and garnish with basil sprigs and cutlet frills, if desired.

Serves 2

Puffed Beef Loaves

FILLING

250g (8oz) topside mince or ground beef

1 egg, lightly beaten

½ tspn chopped fresh sage or

¼ tspn dried sage

2 tspns chopped fresh parsley or

1 tspn dried parsley

¼ cup dry breadcrumbs

2 shallots, chopped

1 tblspn barbecue sauce

salt

freshly ground black pepper

TO ASSEMBLE

2 sheets frozen ready-rolled puff pastry, thawed

beaten egg yolk

1 In a bowl, combine all the filling ingredients, seasoning to taste with salt and pepper, and refrigerate until firm, about 1 hour.

2 Cut the pastry sheets into two 23x20cm (9x8in) rectangles, reserving leftover pastry for decoration. Shape filling into 2 loaves and place on centre of each pastry rectangle.

3 Brush edges of pastry with egg yolk and roll pastry around filling, sealing the edges and tucking under to seal well. Place loaves seam-side down on a lightly greased baking tray. Cut leaves for decoration from remaining pastry and attach to loaves with egg yolk.

4 Bake in a hot oven (200°C) for 25 minutes.

Serves 2

Italian Meatroll

750g (1½ lb) topside mince or ground beef

1 onion, finely chopped

½ cup fresh breadcrumbs

1 egg, lightly beaten

½ tspn dried oregano

1 tspn salt

pepper

3 tblspns chopped parsley

1¼ cups grated mozzarella cheese

paprika for sprinkling

½ cup tomato puree

extra tomato puree

1 Place mince, onion, breadcrumbs, egg, oregano, salt, pepper to taste and parsley in a large bowl; mix until well combined.

2 Place mince mixture on a sheet of greaseproof paper and pat out to form a 22x30cm (9x12in) rectangle, about 1½ cm (½ in) thick. Sprinkle with grated mozzarella cheese, leaving a 2cm (¾ in) border around the edge.

Rack of Lamb (top) and Puffed Beef Loaves (right).





3 Using two hands, gently roll up mixture and place, seam-side down, in a greased, heat-resistant baking dish. Sprinkle lightly with paprika.

4 Cook in a hot oven (200°C) for 30 minutes, or until cooked. Spoon tomato puree over top of meatroll and cook a further 5 minutes, or until tomato puree is heated through.

5 Garnish with basil leaves and sprinkle with grated parmesan cheese, if desired. Serve with extra tomato puree.

Serves 4

Rolled Beef with Fruit and Nut Stuffing

2½ kg (5lb) boned rib roast beef

salt

freshly ground black pepper

STUFFING

1 tblspn butter or margarine

1 onion, chopped

½ cup roughly chopped macadamia nuts

125 g (4oz) bacon, chopped

2 chicken stock cubes

2 tblspns boiling water

1½ cups prunes, stoned and chopped roughly
grated rind of 2 lemons

2 cups cooked brown rice

salt and pepper

TO PREPARE

2 tblspns oil

2 chicken stock cubes

¼ cup water

¼ cup white wine

1 Preheat oven to hot (200°C). Place beef, boned-side up, on work surface; season lightly with salt and pepper.

2 Melt butter or margarine in a frying pan; add onion and saute for 5 minutes, or until soft. Add nuts and bacon and cook a further 5 minutes. Dissolve stock cubes in water and add to pan; simmer for 2

minutes. Remove pan from heat. Add remaining ingredients, seasoning to taste with salt and pepper, and stir until well combined.

3 Spread stuffing down centre of beef and roll up, starting with long side. Tie string around beef at 5 cm (2 in) intervals.

4 Place oil in baking dish then add beef. Cover with aluminium foil and bake for 15 minutes. Remove from oven, discard foil and add stock cubes, water and wine to pan juices.

5 Reduce oven to moderate (180°C) and bake beef, uncovered, for a further 1¼ hours, or until meat is tender when tested with a skewer.

Serves 10–12

Devilled Kidneys

8 lamb kidneys

60 g (2oz) butter

1 tblspn plain flour

1 tspn French mustard

¼ tspn curry powder

¼ tspn Worcestershire sauce

½ cup beef stock or water

salt and pepper

squeeze of lemon juice

1 Skin kidneys, remove cores and cut into thin slices. Heat 30 g (1 oz) of the butter in frying pan and quickly brown kidneys on both sides, about 2 minutes. (If overcooked, kidneys will be hard and tough.) Remove kidneys to heated dish.

2 Add flour, mustard and curry powder to frying pan; stir well, then add Worcestershire sauce and stock or water, and cook for 2 minutes.

3 Season to taste with salt and pepper and a squeeze of lemon juice. Add remaining butter to pan with kidneys; toss well until heated through – there should be very little sauce. Serve immediately on hot, buttered toast.

Serves 4

Steak and Kidney Pie

250 g (8 oz) *Rough Puff Pastry* (page 69)

750 g (1½ lb) *gravy beef*

90–125 g (3–4 oz) *ox kidney*

seasoned flour

butter or oil for frying

salt and pepper

1 *tspn Worcestershire sauce*

pinch mixed herbs

1 *medium onion, sliced*

2½ *cups beef stock or water plus stock cubes*

1 *egg yolk, beaten*

1 Prepare the pastry and set aside. Trim any fat or gristle from the beef and snip the core out of the kidney. Cut beef and kidneys into cubes and roll in seasoned flour; fry in the hot butter or oil to brown.

2 Lift the browned meat from the frying pan and place in a saucepan; add salt and pepper to taste, Worcestershire sauce, herbs, onion and stock. Bring to the boil, cover and simmer gently for 1½–2 hours. Turn the meat into a pie dish and add a little of the gravy; allow to cool.

3 On a floured board, roll out the pastry to a thickness of 6mm (¼ in) and make it at least 4 cm (1½ in) larger than the pie dish all around. Cut off this extra piece and place strips of it on the dampened rim of the pie dish. Dampen this border and place the pastry lid over it.

4 Press gently around the edge to seal, and trim off any surplus pastry. Flake the edges, using a sharp knife, and mark neatly with the back of the knife. Decorate with leaves made from pastry trimmings.

5 Brush the surface of the pie with beaten egg yolk and milk. Set on a baking tray and place in the centre of a very hot oven (220°C) for 30 minutes or until the pastry is brown and crisp and the meat very hot. Serve with a green vegetable, mashed potatoes and the rest of the gravy.

Serves 4–6

Beef Hotpot

750 g (1½ lb) *chuck or other stewing steak*

2 *tblspns butter or margarine*

1 *onion, finely chopped*

1 *clove garlic, crushed*

1 *red capsicum (red pepper), seeded and cut into thin strips*

1 *cup chicken stock*

¼ *cup lemon juice*

salt

freshly ground black pepper

1½ *cups peeled, diced potatoes, lightly fried*

1 *cup frozen peas, thawed*

½ *cup chopped parsley*

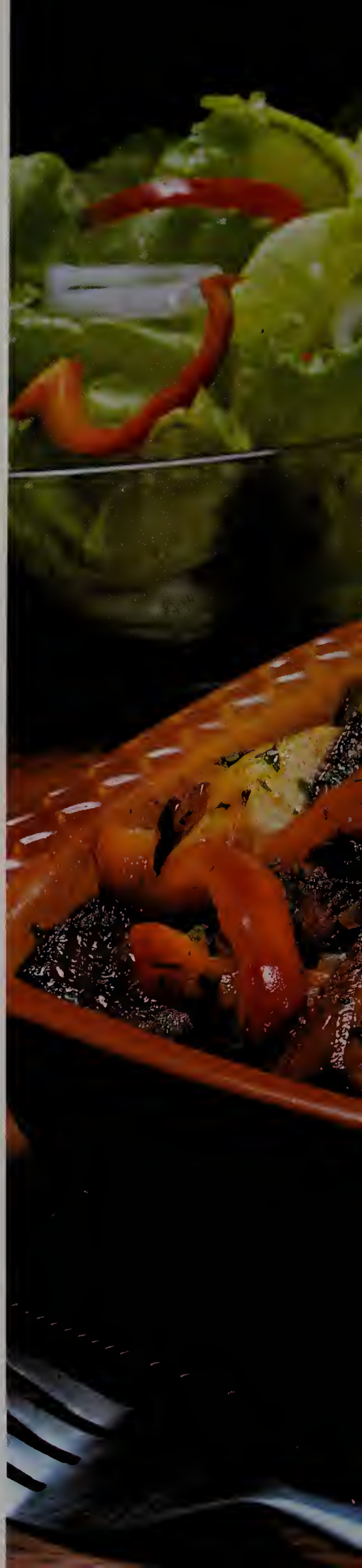
1 Remove any excess fat and gristle from steak and cut into 2.5 cm (1 in) pieces. Melt butter or margarine in a large, heavy-based saucepan. Add meat and fry over high heat, tossing constantly until meat is well browned, about 3 minutes.

2 Lower heat to moderate; add onion, garlic and capsicum. Cook until vegetables soften, about 5 minutes. Add stock, lemon juice and season to taste with salt and pepper.

3 Lower heat; cover and simmer gently for 1–1½ hours or until meat is almost tender.

4 Add fried potatoes, peas and parsley to pan. Cover and simmer for a further 20 minutes.

Serves 6



Beef Hotpot







PASTA AND RICE

Satisfying and nourishing, pasta and rice dishes have a place in every family menu. Some can be whipped up in minutes, others take longer.

Pasta Carbonara

4 rashers bacon, rinds removed and cut into thin strips

1 tblspn butter or margarine, softened

1/3 cup grated parmesan cheese

2 eggs, lightly beaten

250g (1/2 lb) fettuccine or tagliatelle noodles

extra 1 tblspn butter or margarine

salt

freshly ground black pepper

1 Place bacon strips in a heavy-based frying pan and fry over moderately high heat until bacon is crisp, about 3–4 minutes. Remove bacon from pan and drain on absorbent paper.

2 Place butter or margarine in a small mixing bowl; add parmesan cheese and beat until well combined. Add eggs and beat until well mixed.

3 Cook pasta in a large pan of boiling salted water until tender, but still firm, about 10–12 minutes. Drain well. Melt extra butter or margarine in a medium-sized, heavy-based saucepan. Add pasta and salt and pepper to taste and toss until pasta is well coated with melted butter or margarine.

4 Add bacon strips and parmesan cheese mixture to pasta in the pan and toss until well combined. Cook gently over low heat, tossing all the time until heated through. Serve sprinkled with extra parmesan cheese, if desired.

Serves 4

Baked Lasagne

250g (8oz) lasagne noodles

1 tblspn oil

1/2 quantity Bolognese Sauce (see recipe)

300ml (1/2 pint) Bechamel Sauce (see recipe)

125g (4oz) grated cheddar cheese

1 Cook the lasagne in a large pan of boiling, salted water to which the oil has been added. This helps to prevent the noodles sticking together. Do not drain until just ready to use.

2 Spread a layer of Bolognese Sauce in a greased ovenproof dish, then a layer of Bechamel Sauce and a layer of noodles.

3 Continue layering until the dish is filled, finishing with Bechamel Sauce. Coat generously with grated cheese and bake in a moderate oven (180°C) for 30 minutes, taking care that the noodles do not dry out.

Serves 4

Cannelloni

1 set sheep's brains

250g (½ lb) chicken livers

1 cup chicken stock or water and stock cube

1 tblspn oil

500g (1 lb) minced (or ground) beef

½ tspn dried basil or marjoram

1 onion, chopped finely

2 tblspns plain flour

1 tblspn tomato paste

salt

freshly ground black pepper

12 large cannelloni tubes

2 tblspns oil

2 cloves garlic, crushed

440g (14 oz) can whole tomatoes

2 tspns sugar

2 tblspns tomato paste

2 cups water

½ tspn dried oregano

1 bay leaf

125g (4oz) thinly sliced mozzarella or processed cheese

1 Soak sheep's brains in salted cold water for 1 hour, remove membranes. Place in saucepan with cleaned chicken livers. Cover with stock or water and cube and cook gently for 5 minutes. Drain brains and liver, reserving stock.

2 Finely chop brains and liver. Heat oil in frying pan and quickly brown minced beef. Add herbs, onion, flour, chopped brains and livers, reserved stock and tomato paste. Cook until well blended, stirring occasionally. Season to taste. Cool.

3 Cook cannelloni for 5 minutes in a large pan of boiling, salted water to which 1 tablespoon of oil has been added. Drain and rinse with cold water. Spoon or pipe filling into cannelloni.

4 Heat remaining oil and lightly fry crushed garlic without browning. Add tomatoes (with liquid from can), sugar, tomato paste, water, salt and freshly ground pepper, oregano and bay leaf.

5 Simmer for 15 minutes and, if necessary, add more salt, sugar or pepper to taste. Remove bay leaf. Spoon a little sauce into a shallow baking dish. Arrange filled cannelloni on top and cover with the remaining sauce.

6 Top with cheese and bake in a moderately hot oven (190°C) for 30 minutes.

Serves 6

Bechamel Sauce

300ml (½ pint) milk

45g (1½ oz) butter

2 tblspns plain flour

½ tspn salt

pinch pepper

nutmeg

1 Bring the milk to simmering point and set aside. Melt 30g (1 oz) of the butter over low heat and stir in flour. Cook for 1 minute, but do not allow to brown.

2 Remove from heat and start adding the warmed milk a little at a time, stirring constantly with a wooden spoon. When you have added about half the milk, return the pan to the low heat. Continue adding the milk, stirring all the time and taking care that the spoon reaches right to the bottom and sides of the pan.

3 When all the milk is added, season with salt, pepper and nutmeg. Allow to simmer for 5–10 minutes, stirring occasionally. Just before serving, beat in remaining butter. You can vary the flavour of this sauce by using half stock and half milk, or adding a stock cube to the milk, or by adding a sliced onion, 2 cloves and a bay leaf to the milk and allowing to stand for 20 minutes, then straining.

Spaghetti Bolognese

375g (12oz) spaghetti

15g (½ oz) butter

½ quantity Bolognese Sauce (see recipe)

parmesan cheese, grated

1 Cook spaghetti in boiling, salted water until tender. Drain and place in warm serving dish. Add butter and toss spaghetti until butter is melted.

2 Add sauce and serve with grated parmesan cheese.

Serves 4

Bolognese Sauce

125g (4oz) bacon rashers, rind removed

15g (½ oz) butter

1 onion, chopped finely

1 carrot, sliced

1 stick celery, sliced

1 clove garlic, crushed

375g (12oz) minced beef or ground beef

125g (4oz) chicken livers, chopped

500g (1 lb) tomatoes or

440g (14oz) can peeled tomatoes, chopped

2 tblspns tomato paste

1 cup beef stock or water

½ tspn dried oregano or basil

salt and pepper

pinch nutmeg

1 Cut the bacon into small pieces and brown gently in butter. Add the onion, carrot, celery and garlic and cook gently for a few minutes. Add minced beef and cook until lightly browned, stirring frequently. Add the chopped livers and cook for 2–3 minutes, then add the tomatoes, tomato paste, stock or water and herbs. Season to taste with salt, pepper and nutmeg.

2 Cover pan. Cook gently for 30–40 minutes, stirring occasionally and adding more water if necessary. You can omit the bacon or chicken livers and substitute white wine for the stock, but the addition of tomato paste is necessary to give the rich flavour.

Serves 4

Macaroni Cheese and Tomato

125g (4oz) macaroni

30g (1oz) butter

2 tblspns plain flour

300ml (½ pint) milk

salt

good pinch pepper

¼ tspn prepared mustard

125g (4oz) cheddar cheese, grated

500g (1lb) tomatoes

1 Cook macaroni in plenty of boiling, salted water for 15 minutes. Drain.

2 Meanwhile, melt butter in a saucepan over moderate heat, stir in flour and cook gently for 1 minute. Gradually stir in milk, beating well all the time to get a really smooth sauce. Bring to boil and season with salt and pepper, then add mustard and half of the grated cheese. Stir over heat until cheese has melted.

3 Pour boiling water over tomatoes, rinse, then peel. Slice half the tomatoes and set aside. Remove seeds and coarsely chop the remainder. Add to sauce with cooked macaroni. Pour into a hot, greased, ovenproof dish and top with alternate rows of reserved tomato slices and cheese.

4 Place dish under a hot grill and cook until cheese has melted and is bubbling and golden brown. Serve with hot, buttered toast or a green salad.

Serves 4–6

Spanish Rice with Fish

500g (1lb) fish fillets

salt and pepper

lemon juice

oil for frying

1 onion, chopped finely

1 clove garlic, crushed

1 capsicum (pepper), seeded and chopped

1½ cups rice

½ tspn turmeric

4 cups water

1 Season fish with salt, pepper and lemon juice to taste. In hot oil, fry fish until golden brown. Remove from pan.

2 Add the finely chopped onion, crushed garlic and diced capsicum. Cook until softened. Stir in rice and fry gently until beginning to turn golden brown. Add turmeric, then stir in the water and add salt and pepper to taste. Bring to boil, lower heat and cook gently for 15 minutes with lid on pan.

3 Add fish and cook for a further 10 minutes or until rice is tender and liquid is absorbed. With fork, lightly stir fish through rice. Serve with lemon wedges, if desired.

Serves 4

Kedgeree

500g (1lb) smoked haddock or fish fillets

60g (2oz) butter

2 cups cooked rice

2 hard-boiled eggs, chopped roughly

½ tspn curry powder

1 egg, beaten

2 tblspns cream or evaporated milk

salt and pepper

lemon wedges

1 Poach fish in gently simmering water. Drain, remove skin and any bones, and flake with a fork.

2 Melt butter in shallow saucepan. Add fish and shake over heat until hot. Add cooked rice, hard-boiled eggs and curry powder and toss lightly with a fork until heated through.

3 Add beaten egg and cream or evaporated milk. Continue tossing and stirring lightly. The kedgeree should be moist. Season to taste and serve in a deep dish with lemon wedges.

Serves 5–6

Mushroom and Cheese Risotto

2 tblspns oil

4 rashers bacon, rind removed and chopped

1 small onion, chopped finely

250g (½ lb) long-grain rice

2 cups chicken stock or water plus stock cubes

125g (4oz) mushrooms

15g (½ oz) butter

90g (3oz) grated cheddar or parmesan cheese

1 Heat oil in a shallow pan with chopped bacon, onion and rice. Fry gently for 2–3 minutes, stirring to blend the ingredients.

2 Stir in hot stock and bring to the boil. Lower heat, cover with a lid and simmer for 20–30 minutes until rice is tender and all liquid has been absorbed.

3 Meanwhile, fry the mushrooms gently in butter until tender, about 5 minutes.

4 When rice is cooked, fold in mushrooms and half the grated cheese. Turn the risotto into a hot serving dish, sprinkle with the remaining cheese and serve.

Serves 4

SWEET TEMPTATION

"What's for pudding?" We all know the question – here's a selection of recipes that provide the perfect answer.

Queen of Puddings

4 slices bread
300ml (½ pint) milk
2 eggs, separated
1 tspn vanilla essence
1 tblspn caster sugar
3 tblspns raspberry jam
extra 2 tblspns caster sugar

1 Remove crusts from bread and discard. Cut bread into small cubes. Heat milk and beat with the egg yolks.

2 Mix the bread cubes, vanilla essence and sugar with the custard and pour the mixture into a lightly greased ovenproof dish. Stand in a baking dish of water. Bake in a moderate oven (180°C) for 45 minutes.

3 Spread the jam on the pudding and top with meringue made by whisking the eggwhites until stiff and folding in the extra caster sugar.

4 Return to moderate oven for 15 minutes until the meringue is slightly golden brown and crisp.

Serves 4

Cherry Cake

250g (8oz) butter or margarine
1 cup caster sugar
4 eggs
3 cups plain flour, sifted
250g (8oz) glace cherries, drained and chopped
2 tspns baking powder, sifted
1 cup milk

1 Grease two 23x10cm (9x4in) loaf tins. Set oven temperature to moderate (180°C). Beat butter or margarine until soft. Add sugar and beat until light and fluffy.

2 Add eggs one at a time, beating well after each addition. Add a tablespoon of the flour after each egg.

3 Fold the cherries, remaining flour and baking powder into the creamed mixture alternately with the milk.

4 Spoon cake mixture into prepared tins, smoothing the top level. Bake in preheated oven for 1 hour. Cool in tins for 5 minutes, then place on a wire rack to cool completely. Store in an airtight container.

Makes 2 loaf cakes



Sweet French Toast

2 cups milk
¾ cup sugar
2 tspns vanilla essence
2 eggs
125g (4oz) butter
8 slices dry bread
icing sugar
ground cinnamon

1 Boil the milk with ½ cup of the sugar. Add vanilla essence and allow to cool. Beat eggs with remaining sugar. Melt butter in large frying pan over medium heat.

2 Dip the bread into milk. Drain and then dip into beaten eggs. Place in frying pan and brown lightly on both sides. Serve on heated platter, sprinkled with icing sugar and cinnamon.

Serves 4

Norwegian Cream

juice of 6 oranges
3 packets orange jelly crystals
8 eggs, separated
½ cup caster sugar
6 tblspns apricot jam
425 ml (1¾ cups) cream, whipped

1 Make orange juice up to 1.35 litres (3 pints) with water, then heat gently. Pour onto jelly crystals in a large bowl and stir to dissolve. It should set slightly harder than an ordinary jelly. Allow to cool. Test temperature by putting little finger in jelly. If it feels slightly cool, then it is just right.

2 Beat egg yolks with sugar until frothy. Mix in cooled jelly and stir well. Stiffly beat eggwhites and fold gently into jelly mixture. Pour into serving dishes and chill. To serve, spread with jam and whipped cream.

Serves 20

Chocolate Whip

1 packet lemon jelly crystals
2 tblspns cocoa
1 cup boiling water
1 cup chilled evaporated milk
toasted coconut or chopped walnuts
whipped cream

1 Mix jelly crystals and sifted cocoa together in a saucepan. Stir in boiling water and place over a gentle heat to just dissolve jelly crystals. Remove from heat and cool, but do not allow to set.

2 Whip chilled evaporated milk until thick. Beat in jelly mixture and layer in parfait glasses with toasted coconut or chopped walnuts. Top with whipped cream.

3 To toast coconut, spread out on a tray and grill under preheated griller until evenly browned. Watch carefully to ensure coconut doesn't burn.

Serves 6

Light Cottage Pudding

1 cup self-raising flour
60g (2oz) butter
¼ cup caster sugar
1 egg
½ tspn vanilla essence
3 tblspns milk

1 Sift flour. Beat butter and sugar to a cream and beat in egg and vanilla. Stir in sifted flour and milk.

2 Turn into greased bowl, cover with greased baking paper, and steam for 1¼ hours. Serve with jam, golden syrup or sweet sauce, if desired.

Variations:

Waterfall Pudding. Place 3 tablespoons jam, marmalade or golden syrup in bottom of basin before adding pudding mixture.

Orange Pudding. Cream 2 teaspoons grated orange rind with the butter and sugar and add 1 tablespoon orange marmalade.

Spiced Raisin Pudding. Sift ¼ teaspoon ground nutmeg and ½ teaspoon ground cinnamon with the flour and add 60g (2oz) chopped, seeded raisins after the egg.

Serves 4–6

Creamy Rice Pudding

3 tblspns short-grain rice
1 tblspn caster sugar
600 ml (1 pint) milk
15g (½ oz) butter
nutmeg
1 tblspn cream or evaporated milk

1 Place rice in greased pie dish. Add sugar and milk and stir well. Add butter in small pieces and top with nutmeg.

2 Bake in moderately slow oven (160°C) and stir every 30 minutes. After stirring the third time, add the cream or evaporated milk and leave to cook until golden brown. Serve with cream or jam.

Serves 4

Chocolate Pudding

3 tblspns cocoa
½ cup boiling water
90g (3oz) butter
½ cup caster sugar
1 egg
½ teaspoon vanilla essence
6 tspns raspberry jam
1½ cups self-raising flour
pinch salt

1 Put cocoa into a cup, fill to ½ cup measure with boiling water and mix together until blended. Cool. Cream butter and sugar, add egg and vanilla essence and beat in thoroughly.

2 Grease 6 moulds and put a slightly rounded teaspoon of jam in bottom of each. Sift flour and salt, then sift into the creamed mixture. Add the cocoa mixture and combine until blended.

3 Divide the mixture between prepared moulds. Have electric frypan heated with a depth of about 2cm (1 in) water. Place moulds in (no need to cover with paper), cover with frypan lid and simmer for 20 minutes. Turn out and serve hot with cream.

Serves 6

Jam Souffle Omelette

2 eggs, separated

2 tspns caster sugar

15g (½ oz) butter

1–2 tblspns red jam, warmed

icing sugar

1 Preheat oven to moderate (180°C). Lightly whisk egg yolks and sugar in a basin until light and creamy. Whip eggwhites until stiff, then, using a metal spoon, fold into egg-yolk mixture.

2 Heat butter in a 15–18 cm (6–7 in) omelette pan until bubbling hot. Pour in omelette mixture and spread it evenly over pan. Allow to cook gently over heat for 1–2 minutes.

3 Place pan in centre of preheated oven and cook for 8–10 minutes or until risen and firm to the touch. Remove from oven.

4 Turn out immediately onto sugared paper and spread with warmed jam, or spread omelette before turning out. Fold omelette in half, dust with icing sugar and serve immediately.

Serves 2

Plum Batter Pudding

500g (1 lb) plums

30g (1 oz) butter

½ cup caster sugar

1 cup plain flour

1 egg

300 ml (½ pint) milk and water, mixed

1 Halve plums, remove stones, and arrange in the base of a thickly greased, deep, 25 cm (10 in) ovenproof dish. Sprinkle ¼ cup of measured sugar over plums. Sift

flour into a bowl, make well in centre, add egg and milk and water and beat to a smooth batter. Cover and stand in a cool place for at least 30 minutes.

2 After 30 minutes or longer, pour batter over fruit in dish and bake in a hot oven (200°C) until batter is well risen and crisp (about 30–40 minutes).

3 Serve immediately, sprinkled with remaining caster sugar and, if desired, with whipped or pouring cream.

Serves 4–6

Baked Apples

4 Granny Smith apples

brown sugar

1 tblspn sultanas

30g (1 oz) butter

3–4 tblspns water

150 ml (¼ pint) cream for serving

1 Wash apples and remove cores, leaving apples whole. Run the tip of a sharp knife around the centre of the apple to just pierce the skin.

2 Place apples in a roasting or baking tin and fill centre of each with brown sugar and a few sultanas. Top each apple with a small piece of butter.

3 Pour water around apples and place in centre of a moderate oven (180°C). Bake for 40–45 minutes. When baked, the apples will puff up and become quite soft. Serve with syrup from roasting tin and cream.

Serves 4

Crepe Suzette

125g (4 oz) unsalted butter

rind of 1 orange, grated finely

½ cup caster sugar

juice of 1 orange

8 crepes (see recipe page 67)

2 tblspns orange Curacao, Cointreau or Grand Marnier

2 tblspns brandy

1 Cream butter with orange rind. Add sugar a tablespoon at a time. Gradually pour in 2 table-spoons of orange juice, beating all the time. Stop adding the juice if mixture starts to curdle. (This suzette butter can be prepared in advance and refrigerated.)

2 When you are ready to serve, heat the suzette butter gently in a chafing dish or frying pan and add a crepe. Spoon sauce over crepe, then fold in half and then in half again. Push to the side of the pan and repeat with remaining crepes.

3 When all crepes are folded and the sauce slightly reduced and thickened, pour the orange liqueur over. Warm the brandy in a ladle or small pan, tilt into the flame so that it ignites and pour over the crepes. Shake the pan to liven the flames.

4 Serve two crepes for each helping and spoon on more of the sauce.

Serves 4

Banana Souffle

1 packet lemon jelly

½ x 375 ml (¾ cup) can evaporated milk, chilled

4 ripe bananas, mashed

grated rind of 1 lemon

2 tblspns lemon juice

1 Tie a band of waxed paper around the outside of a 13 cm or 15 cm (5 in or 6 in) souffle dish so that it comes 5 cm (2 in) above the top of the dish. Dissolve the jelly in a little boiling water and make up to 425 ml (1¾ cups) with cold water. Allow to cool. Whisk the chilled evaporated milk until thick.

2 When the jelly is on the point of setting, add mashed bananas, lemon rind and juice and whisk until thick. Beat into the whisked milk and pour into the prepared souffle dish.

3 Leave in a cool place to set. When set, remove the waxed paper carefully. Decorate with extra slices of banana, if desired.

Serves 6–8



Fruit Flummery

3 tspns gelatine

1½ cups cold water

1 cup sugar

2 tblspns plain flour

⅓ cup orange juice

2 tblspns lemon juice

½ cup passionfruit pulp (about 6 fruit)

1 Sprinkle gelatine over ½ cup water and leave to soften. Place sugar and flour in a saucepan. Add juices and mix to a smooth paste. Gradually stir in remaining water. Stir over moderate heat until mixture boils and thickens.

2 Remove from heat. Add softened gelatine and stir until dissolved. Pour into a bowl and refrigerate until mixture begins to set around the edge.

3 Beat the mixture until it is thick and white.

4 Fold passionfruit pulp into gelatine mixture. Pour into a serving bowl and chill until set, about 2 hours. (It will keep for a week, covered, in the fridge.) Decorate with extra passionfruit and serve with whipped cream, if desired.

Serves 4

Crepes

1½ cups plain flour

pinch nutmeg

pinch salt

3 eggs, beaten

1½ cups milk

2 tspns butter, melted

2 tspns brandy

butter for frying

1 Sift flour, nutmeg and salt into a mixing bowl. Combine eggs and milk. Stir into dry ingredients and continue stirring until the batter is smooth. Add melted butter and brandy. If possible, allow to stand for at least 1 hour.

2 Heat a little butter in a frying pan or pancake pan and when sizzling pour in sufficient batter to cover bottom of pan with a thin layer. Rotate quickly to spread batter as thinly and evenly as possible.

3 Cook each crepe for about 1 minute on each side. Stack crepes flat between layers of grease-proof paper and keep on a hot dish until all are made.

Makes about 20

Coffee and Walnut Cake

1 tblspn instant coffee

1 tblspn boiling water

125 g (4oz) butter

⅞ cup caster sugar

2 eggs

1 tspn vanilla essence

2 cups self-raising flour

⅓ cup milk

60g (2oz) walnuts, chopped

1 Dissolve instant coffee in boiling water and set aside to cool. Grease a deep 20cm (8in) round cake tin and set oven at moderate (180°C).

2 Cream butter, add sugar and beat until light. Add eggs one at a time and beat in well. Add vanilla essence. Fold in sifted flour alternately with coffee, milk and chopped walnuts. The mixture should be fairly soft.

3 Spoon into prepared tin and bake in preheated oven for 50–60 minutes.

4 When cool, glaze with icing, if desired.

Serves 8–10

Apple Suet Pudding

2 cups self-raising flour
1 tspn caster sugar
pinch salt
125g (4oz) shredded or finely chopped suet
about 150ml (1/4 pint) warm water
4 Granny Smith apples
3 tblspns sugar
2 tspns plain flour
1/4 cup water
2 cloves

1 Sift together flour, sugar and salt in a mixing basin. Toss in the suet and stir in enough warm water to mix a scone-like dough, firm enough to be rolled out. Turn out on a lightly floured surface and knead lightly. Use pastry immediately.

2 Peel, core and slice apples and mix with sugar and flour. Cut off a quarter of pastry for top. Roll out remainder to a large circle and fit to the base and sides of a 1.2-litre (2 1/2-pint) well-greased bowl. Allow any extra pastry to overlap the edge. Fill the bowl right to the top with the sliced apples. Pour in the water and place cloves on top.

3 Roll out the reserved piece of pastry to make a lid, dampen the edges and fit over the top. Press edges well together to seal, and trim away any excess pastry.

4 Cover with greased double-thickness greaseproof paper (fold a pleat across the centre to allow the pastry to rise). Tie securely with string and cover with an extra layer of kitchen foil. It's a good idea to make a string handle over the basin to make the pudding easier to handle while hot.

5 Steam briskly for 2 1/2–3 hours, refilling steamer with boiling water as required. Serve hot with custard, if desired.

Serves 4–6

Fritter Batter

1/2 cup self-raising flour
1/2 cup plain flour
pinch salt
2 tblspns melted butter or oil
150ml (1/4 pint) tepid water
1 eggwhite

1 Sift flours and salt into a bowl. Make a well in the centre and pour in melted butter or oil and water. Gradually stir in flour and beat to a smooth batter. Stand for an hour if possible.

2 Beat eggwhite until soft peaks form and stir in very lightly just before using.

Makes about 1 cup

Pineapple Fritters

4–6 rings canned pineapple
plain flour
fritter batter (see recipe)
oil for frying
caster sugar

1 Drain pineapple rings. Pat dry and dredge in flour. Dip in Fritter Batter. Fry in hot oil until crisp and golden brown.

2 Drain on absorbent paper and serve immediately, sprinkled with caster sugar.

Serves 4–6

Rich Ginger Cake

125g (4oz) butter
3/4 cup brown sugar
2 cups plain flour
1 tspn ground ginger
pinch salt
2 eggs
1 cup treacle
3/4 cup sultanas
3 tblspns milk
1/2 tspn bicarbonate of soda

1 Grease and flour a deep 15–20cm (6–8in) round cake tin or 23x13cm (9x5in) loaf tin and set oven at moderate (180°C).

2 Cream butter, add sugar, and continue to beat until light. Sift flour with ground ginger and salt. Beat eggs, one at a time, into creamed butter and sugar, sprinkling each egg with a teaspoon of sifted flour. Stir in treacle, sultanas and remaining flour. Warm milk gently, add soda, and stir into the cake mixture.

3 Turn into prepared cake tin. Bake in preheated oven for 1 hour, then lower heat to moderately slow (160°C) for a further 30 minutes (if cake is getting too brown on top, cover with a piece of greaseproof paper). Let cool for 5 minutes in tin before turning out.

Serves 6–8

Rich Cherry Cake

2 1/2 cups plain flour
pinch salt
1/4 tspn baking powder
125g (4oz) glace cherries
250g (8oz) butter
1 cup caster sugar
1/4 tspn almond essence, optional
3 eggs
4–6 tblspns milk

1 Grease and flour a 23x13cm (9x5in) loaf tin. Set oven at moderate (180°C).

2 Sift flour, salt and baking powder. Cut the cherries into halves or quarters and toss in 4 tablespoons of the sifted flour until well coated. Cream butter, add sugar and beat until fluffy. Add essence (if used) and beat in eggs, one at a time, with 1 teaspoon of sifted flour (this is to prevent curdling). Fold in the flour alternately with milk.

3 The mixture should be slightly stiffer than plain butter cake. Fold in floured cherries and extra milk if necessary.

4 Spoon into prepared tin and bake in preheated oven for 1½–1¾ hours. To prevent splitting and cracking on top, cover with 2 folds of greaseproof paper for first 30 minutes of baking.

5 Remove cake from oven and stand tin on a wire rack for 5 minutes before turning out.

Serves 8–10

Pavlova

4 eggwhites
1½ cups caster sugar
1 tspn cornflour
1 tspn vinegar
1 tspn vanilla essence
300ml (½ pint) cream, whipped
1 punnet strawberries or
½ cup passionfruit, sweetened
icing sugar

1 If using gas, set oven at highest temperature just as you start to beat the eggwhites. If using electric, set oven at slow (150°C).

2 Beat whites at full speed on electric mixer until they stand in peaks. Sift sugar and gradually sprinkle in 1 tablespoon at a time, beating at high speed only until all sugar has been added. Add cornflour together with the last tablespoon of sugar. Fold in vinegar and vanilla.

3 Draw an 18cm (7in) circle on greased greaseproof paper or aluminium foil and put on oven slide. Heap eggwhite mixture on the circle on paper. Mould up the sides with spatula and make a slight depression on top. Turn heat to lowest temperature just before putting Pavlova in bottom of oven to cook for 1½ hours.

4 If using an electric oven, cook Pavlova on the lowest rack in preheated slow oven for 45–60 minutes. Then turn off heat and leave Pavlova until oven is cold.

5 Remove Pavlova from gas oven and leave until cold. When cool, spoon whipped cream high in the centre. Arrange three-quarters of the strawberries over cream. Crush remaining strawberries with a fork and push through a sieve. Sweeten with icing sugar. Pour this strawberry glaze over cream and serve.

Serves 8

Fruit and Nut Loaf

1 cup All-Bran
1 cup milk
1 cup wheatgerm
pinch salt
1 tspn bicarbonate of soda
1½ cups mixed dried fruit
½ cup chopped walnuts
1 tblspn honey

1 Set oven to moderately hot (190°C). Soak All-Bran in milk for 5 minutes. Add wheatgerm, salt and soda, mixed fruit, walnuts and honey. Mix thoroughly.

2 Spoon into 2 greased medium nut-loaf tins and then bake in preheated oven for 35–40 minutes, or bake for 45–50 minutes in a 23x13cm (9x5in) loaf tin.

Makes 2 medium loaves

Chocolate Crackles

1½ cups icing sugar
6 tblspns cocoa
1 cup desiccated coconut
4 cups Rice Bubbles
250g (½ lb) copha (vegetable shortening)

1 Combine all dry ingredients in a large bowl. Melt copha over slow heat, allow to cool, then add to other ingredients and mix thoroughly.

2 Place the mixture in paper patty cases and refrigerate until required. These can be made the day before needed.

Makes about 20

Rough Puff Pastry

2 cups plain flour
pinch salt
185g (6oz) butter
150ml (¼ pint) cold water
1 tspn lemon juice or vinegar

1 Sift the flour and salt into bowl. Rub 30g (1 oz) of the butter into flour and divide the remaining butter into 2.5cm (1 in) pieces and add to flour.

2 With a round-ended knife, stir in water and lemon juice or vinegar until the dough begins to cling together. Draw the mixture together gently with the fingers and turn out on a lightly floured board. Shape into a rectangle and roll into a rectangular strip.

3 Mark the pastry into thirds, fold one end up and the other down over it envelope style. Press the ends together to seal. Give the pastry a half-turn clockwise so that the sealed edges are top and bottom. Cover with clear plastic.

4 Repeat the rolling and folding four times more, leaving the pastry to rest for at least 10 minutes between rolling. (If your kitchen is at all warm, put pastry in refrigerator.) This pastry will keep for weeks in your freezer.

Makes about 500g (1 lb)

Pears Belle Helene

ice-cream
canned pear halves
bottled chocolate sauce

Place a scoop of ice-cream in an individual glass dish. Cover with a pear half and spoon 2 teaspoons chocolate sauce over.

Serves 4

Almond Apricot Flan

125g (4oz) block frozen shortcrust pastry, thawed

125g (4oz) butter or margarine

¼ cup caster sugar

2 eggs

1 cup ground almonds

1 tblspn plain flour

825g (27oz) can apricot halves, drained

2 tblspns apricot jam, warmed

1 tblspn flaked almonds, toasted

1 On a lightly floured board or work surface, roll out pastry to fit a 20cm (8in) flan tin. Trim off excess pastry.

2 Cream together butter or margarine and sugar until light and fluffy. Add eggs one at a time, beating well after each addition.

3 Fold in ground almonds and flour. Spread filling into pastry case.

4 Arrange apricots decoratively on filling. Bake in a moderate oven (180°C) for 35 minutes or until golden brown. Brush top of cooked flan with jam and sprinkle with the flaked almonds.

Serves 6

Country Cheesecake

2 tblspns finely ground unblanched almonds

1½ cups plain sweet biscuit crumbs

2 tblspns sugar

⅓ cup butter, melted

FILLING

375g (12oz) cream cheese

2 eggs, beaten

½ cup caster sugar

1 tspn lemon juice

pinch salt

1½ cups sour cream

extra 1 tblspn caster sugar

½ tspn vanilla essence

whipped cream, optional

toasted flaked almonds, optional

1 Combine almonds, crumbs and sugar. Pour in melted butter and mix well. Press into base and sides of a greased 20cm (8in) springform tin. Bake in moderately hot oven (190°C) for 10 minutes. Allow to cool thoroughly.

2 Beat cream cheese, eggs, ½ cup caster sugar, lemon juice and salt until smooth and creamy. Place in prepared crust and bake in preheated oven for about 20 minutes or until just set. Turn off heat and allow cake to cool in oven.

3 Combine sour cream, extra caster sugar and vanilla. Pour over cheesecake and bake in very hot oven (220°C).

4 Chill before serving and decorate, if desired, with a thin layer of cream and almonds.

Serves 6–8

Lemon Cheesecake

1½ cups crushed plain biscuits

½ tspn ground cinnamon

90g (3oz) butter, melted

FILLING

250g (8oz) cream cheese

375g (12oz) can sweetened condensed milk

⅓ cup strained lemon juice

TOPPING

2 tblspns cornflour

¼ cup cold water

pinch salt

½ cup sugar

2 tblspns lemon juice

2 tspns grated lemon rind

1 egg yolk

2 tspns butter

1 Mix crust ingredients together and press into a greased 20cm (8in) pie plate.





2 Beat cheese until soft. Slowly beat in condensed milk and then add lemon juice, beating constantly. Whip a further 2 minutes. Spoon into pie shell and chill for 30 minutes.

3 Combine cornflour and water in a small saucepan. Add salt, sugar, lemon juice and rind and cook, stirring constantly, until mixture boils and thickens.

4 Remove from heat and add a small amount of hot mixture to beaten egg yolk. Whisk in well, then return to saucepan over a very low heat. Cook for 1 minute, stirring constantly.

5 Remove from heat and stir in butter. Cool slightly and pour over chilled filling. Allow to chill for several hours before serving.

Serves 6–8

Syrup Tart

1½ cups plain flour

pinch salt

90g (3oz) butter

3 tblspns cold water

FILLING

3 tblspns golden syrup

4 tblspns fresh breadcrumbs

1 tblspn lemon juice

2 tspns grated lemon rind

1 Sift flour and salt into a bowl. Rub butter into flour until mixture resembles breadcrumbs. Using fork, mix to stiff dough with cold water. Knead lightly and place in refrigerator while preparing filling.

2 Gently warm syrup and add the breadcrumbs, lemon juice and rind.

3 Roll out pastry and line greased tin pie plate. Spread filling evenly on pastry and decorate with criss-cross lattice topping made from pastry trimmings.

4 Bake in moderately hot oven (190°C) for 25 minutes or until pastry is golden brown.

Serves 4–6

Pikelets

1 cup self-raising flour

1 tblspn caster sugar

1 egg, beaten

½ cup milk

1 tblspn butter, melted

1 Sift the flour into a mixing bowl and stir in sugar. Make a well in the centre and add the egg. Add the milk gradually with melted butter, while stirring rapidly with a wooden spoon. Beat until smooth.

2 Drop mixture from a dessert-spoon onto a lightly greased, heated griddle or frying pan. When small bubbles appear on surface and the underneath is lightly browned, turn over and cook other side. May be served hot or cold.

Makes 2–3 dozen

Toffee Apples

8 small or medium apples

8 butcher's skewers

500g (1 lb) sugar

150 ml (¼ pint) water

2 tspns vinegar

red food colouring, optional

1 Wipe apples and push a wooden skewer into each core. Place sugar, water and vinegar into a deep, heavy-based saucepan. Stir over gentle heat until sugar is dissolved. Cover and bring to boil.

2 Remove lid and boil syrup rapidly, without stirring, until temperature reaches 150°C or until it forms a hard ball when tested in cold water. Remove from heat. Colour with a few drops of red colouring, if desired.

3 Twirl apples in toffee mixture until coated, then set on a greased baking tray to become hard. Apples may be sprinkled with desiccated coconut when toffee coating is half set, if desired.

Makes 8

Vanilla Fudge

1 cup milk

375g (12oz) can condensed milk

1kg (2lb) sugar

½ tspn vanilla essence

1 Place milk and condensed milk into large, heavy-based pan. Add sugar and stir over gentle heat until sugar dissolves. Bring to boil and cook for 15 minutes. Remove from heat. Add vanilla and allow to cool for about 2 minutes.

2 Meanwhile, lightly grease a 28x18cm (11x9in) cake tin. Beat fudge until it just begins to lose its gloss, then pour into tin and, when almost set, mark into squares.

Coconut Fudge. Add 125g (4oz) desiccated coconut with vanilla.

Makes about 32 squares

Butterscotch Brownies

60g (2oz) butter

1 cup brown sugar

1 egg, beaten lightly

1 tspn vanilla essence

½ cup plain flour

1 tspn baking powder

pinch salt

¼ cup desiccated coconut

1 Melt butter in saucepan, stir in brown sugar and cool slightly. Beat in egg and vanilla essence.

2 Sift together flour, baking powder and salt and stir into butter mixture with coconut.

3 Spoon into a greased 23cm (9in) square, shallow cake tin. Bake in moderate oven (180°C) for 20–25 minutes. Leave in tin until cool and cut into bars.

Makes about 16

Ginger Nuts

1 cup plain flour

2 tblspns sugar

1 tspn bicarbonate of soda

1 tspn mixed spice

1 tspn ground cinnamon

1 tspn ground ginger

60g (2oz) butter

2 tblspns golden syrup

1 Sift dry ingredients. Melt butter and syrup. Pour over flour mixture. Mix well and roll into balls about the size of a walnut. Place on a well-greased baking tray about 5cm (2in) apart, allowing room to spread.

2 Bake in a very hot oven (220°C) for 5 minutes, then lower heat to moderate (180°C) and bake for a further 10 minutes. Allow to cool on the tray. Store in an airtight container.

Makes about 18

Marshmallows

6 tspns gelatine

2 tblspns cold water

1 cup hot water

2 cups caster sugar

1 tspn vanilla essence

icing sugar

cornflour

1 Sprinkle gelatine over cold water in a cup and let soak for 3 minutes. Stand cup in hot water until gelatine dissolves. Combine hot water and sugar. Add vanilla and stir well. Add dissolved gelatine. Beat until thick and white.

2 Pour into lightly greased tin. Leave to cool at room temperature. Cut into squares, then toss in an equal quantity of icing sugar and cornflour.

Variations. Toss marshmallows in toasted coconut and drinking chocolate. Use red or other food colouring to vary colour.

Makes about 2 dozen





ISBN 0-947199-02-0

UK £2.50
USA \$5.95
Canada \$6.95

